

A
GUIDE
TO
OLD AGE, &c.

VOL. II.

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A
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TO
OLD AGE,
OR
A CURE
FOR THE
INDISCRETIONS
OF
YOUTH.

By WILLIAM BRODUM, M.D.

IN TWO VOLUMES.

VOL. II.

Virginibus puerisque canto.

VIRGIL.

To Youths I write and Virgins uninformed.

L O N D O N :

Printed by J. W. MYERS, No. 2, Paternoster-row,

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[Entered at Stationers Hall.]

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— Virginitas purissima canit.

Virginitas

Is Venus Iustus et iustus non loquitur.

LONDON:

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C H A P. XX.

VENEREAL EXCESSES.

EXTREMES, says an old adage, are dangerous: and there is nothing more true in politics, in philosophy, or in medicine, than this motto. A volume might be written with the utmost ease, deduced from the nature of things, and, from the actual history of mankind at large, to prove the multitude of evils both of body and mind, that encounter a state of perpetual celibacy and abstraction from sexual delights. But as I write not professedly on this subject at present, I shall leave the description of these evils and inconveniences to those who are best ac-

quainted with the humours and caprices of mind, the defects and debilities of the corporeal functions, which are daily witnessed in convents of the severer orders of nuns and friars in Roman Catholic countries, and in the domestic circles of bachelors and old maids, in countries where such orders are prohibited; and shall pass on to the consideration of those evils and calamities which naturally accrue from a conduct diametrically the reverse; the excessive and more especially the too early indulgence in venereal pursuits and gratifications.

And here let no man think me an enemy to the rational pleasures, the intermingled bliss of sexual delights; such as, for the wisest purposes, the Almighty Parent has created our bodies, mutually to give and receive, and has destined us universally to possess.

“ Be

“ Be ye fruitful and multiply,” was the original and divine command; and it is that this command may be duly executed that I now write. Not to extenuate but to enlarge the circle of felicity; not to diminish but to increase the numbers of mankind.

To you, ye parents, therefore, I address myself, whose maturer years, and more consummate knowledge, must make you better acquainted with the importance of this delicate subject, should you even have escaped those fatal rocks on which so many thousands have split, and preserved your constitutions pure and inviolate, to the infinite benefit and advantage of your children, undepraved by disease, uninjured by youthful contagion, to you I address myself, and request that, if you retain any value for the health you possess, any regard for the future prosperity of the family entrusted to your care, you will

instruct them early in the precepts this little volume is designed to inculcate, and the evils it attempts to point out. But chiefly to you do I direct my attention, ye candid and ingenuous youths, who just freed from the shackles of a professional or a college education, are cast at large on the world's wide stage, in the thoughtless giddiness of youth, devoid of maturer judgment, and without any friendly mentor to guide aright your heedless footsteps. Attend to the advice which a friend to your unsuspecting age thus publicly offers; hear his report on the dangers which surround you; receive with veneration his address; and practise his salutary precepts. So shall you pass silently on to the winter of unimbittered age, indulge in every rational gratification you were created to partake of, and enjoy yourselves to the latest hour of life, free from those diseases whose evil effects he who addresses himself

self to you, has most particularly studied, and most amply witnessed, and which, in most instances, require the utmost sagacity of the physician, even to palliate and soften.

The greatest physicians of antiquity, who have transmitted their names to us with the highest renown, and who will be read and admired whilst letters and science retain their influence, have described the evils that are occasioned by the abuse of amorous pleasures, under the title *Tabes Dorsalis*. Hippocrates says, that this disorder arises from some defect in the spinal marrow. Young married people who have formerly indulged in illicit amours, and those of a lascivious disposition, are particularly afflicted with it. They have no fever, and, though they eat well, they fall away and become consumptive. They feel as if a sting or stitch descended from the head, along the spinal marrow.

Every time they go to stool, or have occasion to urine, they shed a great quantity of seminal liquor. They are incapable of procreation, though they frequently dream of the act of coition. Walking, particularly in rugged paths, puts them out of breath, and weakens them; occasioning a heaviness in the head, and noise in the ears, which are succeeded by a general marasmus, and sometimes a violent fever which terminates their days. Such are the words of Hippocrates, which correspond with what Aetius says upon the same subject. Young people have the air and appearance of old age. They become frail, effeminate, benumbed, lazy, stupid, and incapable of any action. Their bodies are bent from debility, and their legs are swelled from the same cause, and unable to perform their usual functions; they have an utter distaste for the festive scenes of life, and for every thing of business are totally incapacitated;

tated; many also, observes this accurate historian, become paralytic.

The stomach is disordered, all the whole frame is weakened, paleness, universal decay, and emaciation succeed.

These opinions are supported by Turbius, that celebrated physician of Amsterdam; these are the words which occur in his treatise on this subject: "The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim."

"Samuel Vesputius," continues he, "was seized with a flux of humours extremely acrid, which immediately affected the hind part of the head, and the nape of the neck, from whence it communicated to the spinal marrow, the loins, the buttocks, and the articulation

culation of the thighs, which made
 this unfortunate man suffer such ex-
 cruciating pain, that his countenance
 was entirely distorted, and he was
 seized with a slow fever, which, by
 degrees, consumed him; but not so
 fast as he desired; and he was in such a
 situation, that he frequently invoked
 death before he was snatched from his
 misery." To these opinions, we shall
 add that of the celebrated Gabius, in
 his Pathological and Medicinal Insti-
 tutes: "An early emission of seed is
 not only prejudicial by reason of the loss
 of a most useful humour, but like-
 wise by a repetition of the convulsive
 motion by which it is discharged; for
 the highest pleasure is followed by an
 universal resolution of the natural
 powers, which cannot frequently take
 place without destroying all the stami-
 na of the constitution. Besides, the
 more the strainers of the body are
 drained, the more humour they draw
 to

to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that from excessive venery arise lassitude, weakness, numbness, a feeble gait, head aches, convulsions of the senses, but especially of the sight, and dulness of hearing, an idiot look, a feverish circulation of blood, exsiccation, leanness, a consumption of the lungs and back, and want of all masculine powers. These evils are increased, and become incurable by reason of a perpetual itch for pleasure, which nevertheless the inclinations of the mind, as well as the passions of the body, still desire ardently; from whence it follows, as before observed, that they have obscene dreams in sleep, and the prone parts, upon every slight occasion, have an ineffectual tendency to stiffen, and the quantity of replaced semen will be discharged from the relaxed cells (however small, it becomes a burthen

a burthen and a stimulus) by the slightest efforts. Thus it is, that these excesses bring such perdition upon the flower of our youth."

Such then are the sentiments of these great men at different periods, upon the consequence of too violent seminal emissions; and, to illustrate what has been premised, it will be necessary to pay some attention to the importance of this liquor, with respect to the well-being of the whole human machine.

It may, with truth, be said, that our bodies are in a continual state of decay; to repair this waste, nature has furnished us with nutrition, by assistance of aliments, at due times introduced into the stomach, but whenever this supply of food is wanting, or is converted to any partial purpose, and not to the general nutrition of the body at large, our frame must necessarily
decay

decay much faster, and more quickly sink into a state of extreme debility, and total weakness. Too copious evacuations are the most frequent causes of this debility; for our bodies are so constructed, that for the aliments to acquire the degree of preparation necessary for the reparation of general strength, a certain quantity of humours must be previously secreted, and constantly at hand. If this condition is wanting, if the debilitated stomach is incapable of performing its office, the digestion and concoction of the aliments are imperfect in proportion, as the deficient humour happens to be of a more elaborate kind, or of greater importance to animal œconomy.

The seminal liquor has so great an influence upon the corporeal powers, and upon perfect digestion; which repairs them, that physicians of all ages have been unanimously of opinion, that

that the loss of an ounce of this humour would weaken more than that of forty ounces of blood. An idea may be formed of its importance, by observing the effects it produces as soon as it begins to be formed; the voice, the physiognomy, the features of the face change, the beard grows, and the body often takes another appearance, because the muscles acquire a thickness and firmness, which form a sensible difference between the body of an adult person, and that of a youth not yet arrived at the age of puberty.

These changes are prevented by destroying the organ which serves to secrete the liquor that produces it; and Boerhaave observed, that the amputation of the testicles, at the age of virility, made the beard fall, and effeminate the voice.

There

There are humours, such as perspiration, which quit the body the moment they are separated from the circulating vessels.

There are others, such as urine, which after this separation, are retained for a certain time in the reservoirs destined for that purpose; and from whence they do not issue till they are collected in a sufficient quantity, to excite an irritation upon these reservoirs, which mechanically cause them to empty themselves. There is a third sort, which are secreted and retained in the manner of the second, in reservoirs, not with the design of being completely evacuated, but to acquire on these reservoirs a degree of perfection which qualifies them for fresh functions, when they return into the mass of humours. Such, amongst others, is the genital liquor. Being separated in the testicles, this liquor passes from hence in a pretty long

long canal into the vesiculæ feminales, is continually reformed by the vessels adapted for that purpose, and is gradually restored to the mass of humours. Many evidences might be produced to demonstrate this fact; amongst others, for instance, the secretion of the seminal liquor in a healthy man, is constantly made in the testicles; it repairs to the reservoirs, the limits of which are very confined, and cannot, perhaps, contain all that is secreted in a day. There are, nevertheless, some reserved and continent men, who have no evacuations of this kind for many months; in these, it must, therefore, return into the vessels of circulation, which is greatly facilitated by the structure of the organs which assists in the secretion of this humour, in conveying it into the proper channel, and in preserving it. The veins are there much more considerable than the arteries, and in proportion not to be found elsewhere.

And

And supposing, according to modern opinions,* that no other than the lymphatic veins absorb, the genital parts are equally suited to a considerable absorption, as the vessels of this kind are there very numerous.

Though Galen was unacquainted with the mechanism of the semen, he was not ignorant that the humours were enriched by their being retained; for, as he says, every part is full of this liquor, in those who refrain from any commerce with women; but those who frequently give way to this intercourse, are quite deficient in this humour. He then enters into a curious disquisition, in order to ascertain how small a quantity of this liquor can communicate infinite strength to the body, and concludes, that it has ex-

* Vide, Dr. Monro, jun. De Vasis Lymphaticis, Dr. Hunter, the Medical Commentaries, &c.

cellent virtue, and may, therefore, very speedily convey some of its power to all parts of the corporeal machine; and that as small causes often produce great effects, he thinks it is no way surprising, that the testicles should furnish liquor proper to circulate fresh vigour over all the body, as the brain produces many motions and sensations, and the heart communicates the power of beating to the arteries. To this may be properly added what that great professor Haller says upon the same subject. His words are, " The semen is kept in the vesiculæ seminales until the man makes use of it. During this period, the quantity that is then confined excites him to acts of venery; but the great part of this seed, which is the most volatile and odoriferous, as well as the strongest, is absorbed into the blood, and then produces upon its return very surprising changes; it makes the beard, hair, and nails grow; it changes

changes the voice and manners; for age does not produce those changes in animals; it is the semen only that performs these operations, as we find eunuchs are not susceptible of them."

This liquor is a stimulus or provocative, which irritates the parts it touches, as its powerful feat, and the manifest irritation it communicates to the organs of generation, plainly evince.

These sharp particles being thus incessantly absorbed and re-united with the humour, they create a gentle, though constant stimulus in the vessels, which thereby more forcibly contract and more easily act upon the fluids; hence circulation is quickened; nutrition performed with greater regularity, and every other animal function becomes more perfect.

This being the case, eunuchs must necessarily be, in many respects, deficient in their animal œconomy; but if they are incapable of the advantages that are derived from the absorption of this liquor, they are, on the other hand, not deprived of that precious part of the blood which is allotted for *semen*, and, of course, they are not liable to those changes which are occasioned by the prepared feminal liquor; nor are they exposed to those disorders which arise from the privation of this humour unprepared. When the first is not separated, the animal machine will be deficient in those succours which it derives from the prepared semen, without being liable to the alterations which depend thereupon; but this can, in no respect, weaken; if, on the one hand, it gains nothing, so, on the other, it loses nothing; the body of an eunuch may, therefore, in this respect, be considered in a state of childhood.

To

To what has been here said upon this subject, the observations of the celebrated professor Skmeider, of Leipsic, will be no improper supplement.

Whilst I have been sometimes meditating on various natural subjects, says this professor, such as the human body, the structure of it, its motion, its humours, &c. I imagined that amongst other things, the genital liquor well deserved to be carefully examined; and, by enquiring into the nature, the constituent parts, the vessels, receptacles, and secretion of it, I have recollected some things concerning its motion; not that which is ejaculatory and excited in coition, or by another filthy titillation; nor its own private and intestine motion, which, that it must have, we are pretty sure of, from the spiritous and sulphurous particles it abounds with; but the motion I mean, is a progressive one, from its receptacles

back again into the mass of the blood; and several circumstances have induced me to believe and assert, that there really is such a motion, till such time as the contrary shall be plainly and evidently demonstrated to me. To get some light in this matter, I perused various authors, both ancient and modern, philological as well as anatomical, but to little or no purpose, for I have been scarce able to find any thing in them concerning this progressive or circulatory motion, except in Hippocrates, in his book *De Genitura*, from whose words we may conclude he was of this opinion, as he says, "As soon as there is seed made, the flesh and outward skin become more porous, and the little veins are more opened than they were before; but those who are yet in their childhood, or else eunuchs, have, for that reason, no hair either on the pubes or chin, and are all over smooth, because no passage being yet made

made for the seed, the outward superficies are no where ratified, for the passage to the seed, as I have said a little before, is stopped up."

From these words it is evident, that Hippocrates has made mention of this progress of the seed into the body; whilst he asserts, that by this same seed the flesh and outward skin are rarefied, that the beard and hair on the pubes might come through, because there is a passage made for the seed, which, before the years of puberty, and in eunuchs, is yet stopped up. Rolfinch just hints at it, and at the same time denies the circulation of the seed, as will appear from his words: "The ostentatious name of circulation, gives no rest to the curious; the semen seems neither to circulate within nor without the testicles; the vigour which the testicles add to the body ought not to be ascribed to their bulk, but to their power; yet I will not deny, that some

seminal atoms may be mixed with the blood, from the remainder of what serves for the nutrition of the testicles, and which is received back into the veins."

That these words intimate a regress of the seed into the blood, is undeniable; but they are not strong enough, and a few atoms are not sufficient to procure the body that strength and vigour which, *cæteris paribus*, it will ever possess, and which no small or accidental intermixture can produce. Sauvry, speaking of the use of the seed, in regard to the body it is made in, and considering it on account of the visible effects it derives upon the body, comes without doubt, into the opinion of its circulatory motion. I shall transcribe the passage entire; it is worth reading, and runs thus: "Nobody doubts, but that we owe our origin to the seed, and that whilst it generates in other beings very like ourselves, it renders us as it were immortal. But it is more difficult to trace and know
the

the use it is of to the subject in which it is produced; yet we see it gives us a certain degree of perfection, strength, and vigour; because eunuchs, women, and those who, by excessive venery, are enervated, become like children, dastardly and imperfect. For the same reason it produces a beard, and renders the voice of a deeper sound; and as between eunuch and woman, there is no difference, in what relates to the production of this liquid, it is very probable, that this liquid returning into the mass of the blood, is the cause of these remarkable effects."

These are the arguments of our author, to which I shall add my own reasons, to confirm this opinion.

The first and most cogent is the smallness of the feminal bags, and the continual and daily afflux into them. That they are small, we are convinced by our
own

own eyes; for they are not three inches in length, and hardly one inch in breadth and thickness; though on one side they are commonly somewhat bigger than they are on the other. Now, let any one well consider the smallness of these vessels, and the daily influx of seed into them, which nobody can deny, unless he denies likewise, against all reason and experience, the circulation of the blood, the undoubted cause of secretion of all humours in the body, whether good or bad: Now let any one consider well the smallness of the seminal bags, that are no ways capable of receiving and containing such a quantity of seed as may be made in seven or eight weeks, (I will not say in several years) and so long till a man cohabits with a woman. As these things are then incompatible, it is necessary that the semen should be carried off again to the mass of the blood or the body, for the reasons already alledged by Taurvry, and others that may be given.

Secondly,

Secondly, the change that is observed in the temperament of the body after castration, is a corroborating evidence of the progressive motion of the semen; for it is manifest, that animals when their testicles are taken away, grow fatter, are more languid, and less courageous. This in all ages has been a fact so notorious, that there is not a gregarious male animal maintained, to satisfy the wants or the luxuries of man, but has been obliged from time immemorial to submit to the savage practice of castration, that his food may be eaten with greater rest, unless indeed he be simply preserved for the purposes of propagation. It is likewise, among other things, to be observed, that in eunuchs the pain of the beard and privities does not fall off before castration; and that if it is not on the chin, at the time of the operation, and other parts, it never will appear in the same manner as it does upon those who have not undergone

gone

gone this. The privation of virility likewise changes the voice, which becomes more sharp after such privation. It is reported of stags that are fit for copulation, that if immediately after shedding their horns, which fall off every year, they are deprived of the powers of procreation, no new horns will grow in future.

Who reports this and when? Let the author's name be mentioned; are not these two last diseases the same? This motion and existence in the blood of the seed is moreover proved from the rank smell of some beasts, and the taste in the flesh of others, as, also from the stated period on which their desire of copulation returns. What becomes of all this seed? Where is it hid when those animals do not couple with their females? Therefore to say that no secretion of semen is made, is speaking against all reason and experience. Organs

gans are set apart for that secretion, which according to the laws of nature, are constantly employed in their office. And there is a perpetual supply of matter, or arterial blood, from which the seed is separated. We are likewise taught by experience, the presence of seed in male and adult animals who have never been castrated, at all times. Whenever an animal is dissected, the seed bags will appear turgid with recent seed. I am, moreover, of opinion, that if the semen did not circulate in the body, it would be utterly impossible for unmarried men to abstain from fornication, by reason of the continual increase of seed, and the incessant irritations it would otherwise occasion to abominable lust; not to mention the various and most dangerous disorders it would produce by its superabundance, if it could not be any way diminished, except by copulation. It is true, that a man may disturb and injure the motion of the
seed,

seed, by excesses in diet, and various meats, and liquors, that either augment the quantity of semen too much, render it sharp, or else obstruct the vessels, and so cause a corruption and stagnation of the seed, and an acrimony contradicted from thence, ought sometimes to be reckoned amongst the morbid causes of a *furor uterinus*, *periapism*, and *satyriasis*. This is evident from what has often been observed in women troubled with the *furor uterinus*; namely, that upon rubbing the pudenda with musk, or ambergrise, or giving them clysters of the same kind, great quantities of spermaceti liquor are discharged, with immediate relief to the patient. From what has been said, I think it is manifest, that the seed, from its vessels, returns into the blood, after its secretion, and from the blood is again secreted into the spermatic vessels.

The

The whole of the interior as well as the exterior part of the body, is covered with absorbent vessels: hence the chyle is absorbed from the stomach and intestines, and passes into the thoracii duct, and from thence again into the general circulation of the blood: hence, in dropical complaints, the moisture of the air is by the same process continually entering the pores of the skin, and enlarging the cavity of the abdomen, or the cellular membrane universally spread over the body: and hence in many large abscesses, where the pus is deep, and the quantity considerable, we frequently see the tumour suddenly dispersed, and another tumour immediately formed in some neighbouring situation; or the pus, forming the tumour, may perhaps pass off, in consequence of the action of the same absorbent or lymphatic system, by the intestines, the urinary vessels, or even the vessels secreting the caliva into the mouth: this operation of nature is termed

termed by physicians *translation* or *metastasis*. It is the same process, and the action of the same system of vessels, distributed around the prostate gland, the vasa deferentia, and the tunica albuginea of the testis, that produces the reabsorption of the seminal viscus into the blood vessels, and serves as an effectual answer to the question which has so often been proposed by physiologists, “where are the passages through which the semen returns to the blood?”

But though in this manner we are acquainted with the cause of action in such translations and changes of position, we know not the express laws by which it is guided, or the reasons why, in any change or translation it should prefer one situation or position to another: we cannot predict on the sudden dispersion of a tumor, whether it will be a morbid or a salutary dispersion; or whether the matter contained therein when thus re-absorbed,

forbed, will pass away by urine or by the intestines; or whether it will again fix itself in some other situation, as on the lungs, for example, or in any other part of the body. We cannot tell why the venereal virus, after absorption has once taken place, should affect the glands of the tonsils, rather than those of the axilla, or the parotid glands: nor why an absorption of cantharides into the system should affect the urinary bladder in particular, and produce strangury. There are mysteries in medicine, as well as in philosophy; and it is more laudable to avow our ignorance openly, than to screen it under long words of no meaning, or hypothesis of no foundation in nature. It is impossible by any general laws which have yet been discovered to account for the phenomena above taken notice of; and still more impossible is it to account for the passage which many hard substances take after having been swallowed, such as pins, needles, and

other pointed spicula, and which have at length been brought away through the urinary or other passages, with the urine or other fluids, discharging themselves externally, of which we have had many examples attested by authors of credit and veracity, Vide Miscell. &c.

Which way could these things get into the urinary or other vessels? That the blood carried them with it, through the arteries, veins, and capillary vessels, is very difficult to conceive. Let any one who understands anatomy weigh and consider the curious progress, and many crooked windings, even the chyle is forced to make in its passage from the stomach to the cubilavian vein. Let him consider the various windings and capillary vessels through which the blood circulates, and compare it with the course of this hard substances, and then judge, with what difficulty they must be carried to the secretory organs of the
urine,

urine, and with the same facility be separated from the blood, as the urine is, without wounding the vessels through which they pass. The abovementioned Sauvry is of opinion, that the seed through the pores of the veins goes back into the mass of blood, which regresses he conceives to be made in this manner: The seed, says he, included in its vessel, ferments, and, by continuing there, acquires a constitution it was not before endowed with; that is, it gains something by increase of motion, and is more subtilized; so that returning into the mass of blood, it there brings forth those alterations, which it could not have produced, unless it had been rectified and exalted in the seminal vessels.

When these vessels are once filled, and more seminal matter comes to that which is contained in them, it is thus forced by degrees to pass off into the pores of the veins, and circulating with

the blood, by its glutinous quality, in a manner, involves and withholds its more spiritous particles, and hinders the dissipation of them. This is a great reason that in the act of coition great quantities of this oily substance are, by repetition, exhausted, and the spirits evaporated; and from this principle arises the debility of those who are destitute of this liquor. Mr. Boyle is of the same opinion. As to myself, I believe that the seed being attenuated and subtilized in the testicles and seminal vessels, returns by the lymphatic vessels, which ascends towards the abdomen, and then they discharge their lymph into the sanguiferous vessels; and that after this manner it is carried again into the circulation, to the great benefit of the whole body. I heartily wish, that the most skilful anatomist, and physiological writers, of the greatest penetration, would make further enquiry into this affair,

affair, the certain knowledge of which would be of great utility.

From these observations, I think it is clearly proved, that the superabundant semen is absorbed by the lymphatic vessels into the body, where it communicates fresh circulation and vigour, and disperses strength and power to every part of it.

If then this liquor is of such eminent importance to the proper functions of the whole machine, let us consider what may be the effects of too great and improper a discharge of it.

Ætius has handed down to us a description of the ills that are produced by too great an emission of the semen: "Young people of this description, says he, have the air and appearance of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and imbe-

oile; their bodies are bent, their legs
 not able to carry them; they have an
 utter distaste for every thing, are totally
 incapacitated, and many times become
 paralytic;" and he therefore includes
 amorous pleasures among the number of
 the six causes which occasion the palsy.
 Galen observes, that the same causes
 occasion disorders of the brain and
 nerves, and destroy the muscular powers;
 he tells us, that a patient under his care
 for a violent disorder not being perfectly
 recovered, died the same night that he
 paid the conjugal tribute to his wife.
 And Pliny, the naturalist, informs us,
 that Cornelius Gallus, the ancient præ-
 tor, and Titus Etherius, the Roman
 knight, died in the very act of coition.
 Gen. Armitage is another proof of the
 truth of the assertion. Sanctorius, who
 has examined with the greatest attention
 all the causes which actuate our bodies,
 has observed, after Ætius, that this
 weakens the stomach, destroys digestion,

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obstructs the insensible perspiration, an irregularity in the discharge of which produces the most fatal consequences; occasions the liver and reins to be overheated, gives a disposition for the stone in the kidneys, and usually occasions the loss of, or at least weakens the sight. Lommius, in his Commentaries upon Celsus, observes, that too frequent emissions of the seed relax, dry up, weaken, enervate, and produce a crowd of evils, such as apoplexies, lethargies, epilepsies, faintings, the loss of sight, tremors, palsy, spasm, and every species of the most racking gout. Schelaumer says, that too great a dissipation of the animal spirits weakens the stomach, destroys the appetite, and nutrition no longer taking place, the motion of the heart is weakened, all the parts languish, and an epilepsy succeeds. Salmuth has seen a learned man of a splenetic constitution go mad; and another man, whose brain was so dried up, that it was heard to

rattle in the pericranium; and both these disorders were occasioned by excesses of the same nature. And the author of *Memoirs of Curious Naturalists* (De Cun 2. Ann. 5. Append. Obs. 88. p. 56.) says, that he has seen a man 59 years of age, who, three weeks after marriage with a young woman, fell suddenly blind, and died at the end of four months, which he attributed to the excessive libidinous disposition of the wife, and the too frequent gratification of the husband. The celebrated Hoffman tells us (in his book *De Morbis et Eximia Venere*) that a young man of 18 years of age, who had frequent connections with a servant girl, was on a sudden seized with a weakness, and a general tremor in all his limbs, his face became red, and his pulse very weak. He was relieved from this state in an hour's time; but an incessant languor continued on him. The same fit frequently returned, and threw him into great agonies,

nies, which, at the end of eight days, occasioned a contraction and tumour in the right arm, with a pain in his right elbow, which was greatly encreased in its size.

The disorder continued augmenting for a considerable time, notwithstanding many remedies were prescribed. At length, however, the doctors performed a cure upon this patient. Boerhaave says, that the loss of too much semen occasions lassitude, debilitates, and renders exercise difficult, it causes convulsions, emaciation, and pains in the membrane of the brain; it deadens the senses, and particularly the sight; it gives rise to a dorsal consumption, and various other disorders, which are connected with these. He also says, that he had seen a patient, whose disorder began by lassitude, and a weakness in all parts of the body, particularly towards the loins; it was attended with an involuntary

luntary motion of the tendons, periodical spasms, and bodily decay, in so much, as to destroy the whole corporeal frame; he felt a pain even in the membrane of the brain, a pain which patients call a dry burning heat, and which incessantly affected the most noble parts. He says, that he has likewise seen a young man afflicted with a dorsal consumption, who, though he was frequently cautioned not to give way to amorous pleasures, nevertheless so far yielded to their impulse, that his body, before his death, was quite deformed, and the fleshy substance which appears above the spinal apophyses of the loins, was entirely wasted; and that even the brain was in some measure consumed.

Coition brings on epileptic fits, in those who are subject to them; and, to this cause Van Swieten attributes the great oppression the patients suffer if the fits are frequent.

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Dr. Didier knew a merchant of Montpelier, who never made any sacrifices to Venus without having a fit of epilepsy. Galen furnishes us with a similar instance, as well as Henry Van Steers. Van Swieten knew a man, who was troubled with the epilepsy, who had a fit upon his wedding-night.

Hoffman was acquainted with a very lascivious woman, who usually had a fit of epilepsy after each act of venery. Boerhaave observes, that in the heat of venery, all the nerves are affected, oftentimes even fatally; and gives an example of a woman, who, every time she performed an act of coition, fell into a pretty long syncope; and another of a man, who died the very first time he copulated with a woman, the spasm being so violent, that it brought on a general palsy.

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10 Monsieur Savage has given us a very extraordinary instance of a man, who was seized with a spasm in the very middle of enjoyment, whereby his whole body became stiff, he lost all sensation and memory, and the fit continued upon him for twelve years.

Thus we find that excessive indulgence in amorous pleasures does not only produce languishing disorders, but frequently those of an acute and violent nature, and it constantly impedes the cure of complaints derived from another source. Hoffman, after speaking of the dangerous effects of amorous pleasure for those who labour under wounds, considers those risks which persons run, by addicting themselves to it, who are frequently afflicted with fevers. Upon this occasion, he quotes an observation of Fabricius de Hilden, who says, that a man having copulated
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with a woman the tenth day after a pleurisy, which had terminated on the seventh, by abundant perspiration, was seized with a violent fever, and immediate trembling, and died on the thirteenth day. He also relates, that a man of a gouty disposition, much addicted to women and wine, who fancying himself cured of a pleurisy, was, immediately after coition, seized with a violent trembling all over his body, extreme flushing in the face, attended by all the symptoms of the disorder which he thought had been expelled, but which returned with much greater violence than at first, and he was in far greater danger. He also mentions a man, who never yielded to venereal excesses, without having an intermitting fever for several days.

If such then are the fatal accidents produced by the excessive indulgence of
 amorous

amorous passions in a natural and legitimate way, how much more baneful must be the effects which flow from the gratification of them in an unnatural and illegitimate manner, which I shall illustrate in the succeeding chapters.

C H A P. XXI.

DISSERTATION ON THE BANEFUL
EFFECTS OF SELF-POLLUTION IN
THE MALE SEX.

WE have already seen the concurrent testimonies of the most eminent physicians, with regard to the fatal consequences of excessive indulgence in amorous pleasure in a natural way; the subject of this section is the consideration of the still more direful effects of seminal discharges in an unnatural channel; for, as a celebrated philologist observes, "The loss of too great a quantity of semen in the natural manner, is attended by very dangerous consequences; but they are still

still more dreadful, when the same quantity has been dissipated in an unnatural manner; for the evils which happen to those who waste themselves in a natural way, are very alarming, but those which are occasioned by self-pollution are still more shocking."

It would, indeed, be of very insignificant consequence, in a physical sense, whether this evacuation was occasioned by either of the methods I have stated, if they are alike pernicious, but the manner is, in this respect, equal to the substance. Sanctorius points out to us the cause of the peculiar evils arising from self-pollution. He says, "moderation is useful, when nature solicits for it; when it is solicited by the imagination, it weakens all the faculties, particularly the memory." This may be very clearly exemplified; when we are in a state of health, we have no amorous desires, but when the

the *vesiculæ seminalis* are replete with a quantity of liquor, which has acquired such a degree of thickness, as to render its return into the mass of blood difficult; and, in these circumstances, when an evacuation takes place, we may be partly certain, that the corporeal frame will not thereby suffer any sensible diminution of strength. But such is the structure of the genital organs, that they are actuated, and the succeeding desires are animated, not only by the presence of the superabundant seminal humour, but also by the imagination, which having great influence upon these parts, may, by being occupied with lascivious desires, give them such a disposition, as to create these desires, the gratification whereof is the more pernicious, in proportion as it is unnecessary to the welfare of the body. These organs, like the others, are never properly actuated, but when nature stimulates them; for example, the want

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of food and drink, is indicated by hunger and thirst; and excesses, in either respect, are prejudicial by enfeebling the body. The necessity of going to stool, and voiding urine, is signified by certain physical conditions, but a bad habit may so far pervert the constitution of the organs, that the necessity of these evacuations may no longer depend upon the quantity of matter to be evacuated. We subject ourselves to want, when not necessitated; and this is precisely the case of those who addict themselves to self-pollution. Imagination and custom, not nature and reason, prompt them to the filthy practice. Nature is drained of one of her most essential humours, and which she so visibly points out the application of for her own support, and the perpetuation of the human species. Habit will, nevertheless, in time so far pervert nature, that, in consequence of that law of animal economy,

nomy, whereby humours are attracted by irritation, there will be a continual conflux of humours upon these parts; for, as Hippocrates observes, when a man habituates himself to seminal emissions, the vessels that are therein employed, are unnecessarily dilated, and the semen is, by that means, more abundantly attracted. Not only the body, but the mind, is contaminated, for no sooner has this uncleanness fixed its empire in the heart, but from that time it pursues the man continually, and never relinquishes its dominion.

Even upon the most serious and awful occasions, he will find himself transported with lustful conceptions and desires, which incessantly pursue him, and occupy his imagination. The self-polluter, entirely devoted to this practice, is liable, on that account, to the same disorders, as the metaphy-

fician, or the mathematician, whose attention is engrossed by a single object; and it is universally allowed, that nothing debilitates the faculties more than the mind being constantly engaged upon the same subject; for that part of the brain which is then occupied makes an effort, similar to that of a muscle, which has been for a long time considerably extended; this occasions such a continual motion in the part as cannot be stopped, or such fixed attention, that the idea cannot be changed. Self-polluters are under the same predicament, or else they are completely incapacitated; so that when their faculties are not entirely destroyed, they are afflicted with all the disorders incident to the brain, the hypochondria, epilepsy, catalepsy, insensibility, imbecility, nervous disorders, &c. &c.

Disorders, when thus produced, are an additional incentive to their cause,

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as the patient flatters himself with momentary relief, from the gratification of a disposition that perpetually engages his attention; and therefore, he daily and hourly encreases his misery, and saps the very essence of existence.

If to this we add the difficulty that frequently attends the indulgence of amorous passions in a natural way, the expence naturally attendant, the risk with regard to infection, which serve as so many damps to the pursuit, a young man that is dependant, having but a small income, will frequently surmount his desires; but when he habituates himself to that destructive vice, the generative organs, by becoming incessantly irritated, bring on a perpetual stimulus, independant of any external cause; so that if there were no more danger to be apprehended from emissions of this kind, than those in the natural way, the train of evils

produced by this habit, and the mind being debauched, must demonstrate their fatal tendency; but still more cogent reasons may be adduced, why seminal discharges this way are more destructive than in copulation.

The frequency of erection, though imperfect, which this disposition excites, greatly diminishes the strength of self-polluters. All parts in a state of extension exhaust the powers; the spirits that are conveyed thither in greater quantities, and, of course, dissipated, are wanted in the performance of other functions, which are therefore very imperfectly done; these concurrent causes are attended with very dangerous effects. Self-polluters are also afflicted with the palsy in the organs of generation, which brings on impotency, through a defect in erection, and a simple gonorrhœa, by reason of the relaxed parts suffering the real semen
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to escape as soon as secreted, together with an afflux of that humour which the prostatae separate. In short, all the internal membrane of the urethra acquires a catarrhus disposition, which excites a running similar to the *fluor albus* in women.

Innumerable are the pores spread over the surface of the human body, which are the emunctories or channels of discharge for vitiated redundancy, or perspirable matter. There also exists on the surface of the body a resorbent faculty. Every instant half the pores of the skin exhale a very subtilè humour that is of greater consequence than all our other evacuations. At the same time, another kind of pores receives part of the fluids which surround us, and communicates them to the vessels. It is demonstrable, that in some cases, this inhalation is very important. In robust people, the ex-

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halation is greater than in weak persons; and, vice versa, the inhalation in these are more considerable, and the perspiration of healthy people contains something nutritious and strengthening, which being inhaled by another, invigorates him.

From these observations, we may draw a conclusion for frequent adoption which is, by no means, uncommon, but has been practised time immemorial. Sacred history has even noticed it in respect to David. The existence of aged persons have been prolonged considerably by a young person, and, consequently, it weakens the healthy, who experience a serious loss, without receiving, or rather imbibe weak exhalations, corrupt and putrid, which are highly prejudicial to the constitution.

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With respect to seminal discharges by manual friction, and why they are more pernicious in their consequences than the method pointed out by the law of nature, I have already stated. I shall now proceed to the disorders arising from a practice so destructive, and, at the same time, confine myself as much as the nature of the subject will admit, to the horrid victims of self-pollution. The dreadful effects peculiar to the practice cannot be pointed out in colours too expressive, as I consider it an indispensable duty I owe to the public.

The general evils which all practitioners who have written upon this subject agree in, are thus specified: the intellectual faculties are weakened, loss of memory ensues, the ideas all clouded, the patient falls sometimes into slight madness, he has an incessant irksome uneasiness, continual anguish, sight, hearing,

hearing, and senses deranged, sleep is attended with horrid dreams, the intellectual powers of the body decay, the adoption of it in young persons prevent their growth, hypocondriac, and hyfteric affections, are the constant attendants, and to draw a conclusion, the whole train of nervous disorders, originates, from the practice: head-ach is always the consequence, breast, stomach, and intestines, affected, external rheumatic pains, numbness in all parts of the body, when they are slightly pressed; pimples do not only appear in the face, being one of the most common symptoms, but also suppurating blisters upon the nose, the breast, and the thighs, painful itching, and even excrescences on the forehead. The organs of generation also participate of that misery whereof they are the primary cause. Many are incapable of erection, others discharge semen upon the slightest titillation, and the most feeble erection, or in efforts when they

they are at stool. Many are affected with a constant gonorrhœa, which entirely destroys the powers of action, and the discharge resembles foetid matter, or mucus. Others are subject to priapisms, dysurice, stranguries, heat of urine, and a difficulty of discharge. Painful tumours upon the penis, testicles, bladder and spermatic cord are generally experienced, so that either the impracticability of coition, or a deprivation of the genital liquor, renders every one impotent, who has given way to this practice any length of time. Moreover, the functions of the intestines are sometimes very much disordered; and some patients complain very much of stubborn constipations, others of the hemorrhoids, or of the running of a foetid matter from the anus, particularly diarrhœas immediately after the crime.

CASES.

CASES.

Examples of the wonderful Efficacy of the Nervous Cordial, when administered to relieve the ill Consequences of that truly detestable Sin, SELF POLLUTION.

To Dr. BRODUM.

SIR,

Having in my youth, I confess it with shame, been subject to the heinous offence of Self Pollution, I brought upon myself a running, which neither the cold bath, or any thing that I was advised to apply, could ever remove. Thus circumstanced, no one suspected me of labouring under any bodily complaint, but my doctor, which I account for from being naturally robust, and always preserving my colour. At this crisis I was induced to pay my addresses to a young lady of great personal accomplishments, and soon obtaining her consent, was united to her in the bands of wedlock. This I must acknowledge was highly imprudent in me, who knew from my debilitated state, that I was utterly incapable of consummating my nuptials. A seminal discharge always preceded a perfect erection, which at first I was weak enough to attribute to a too strong desire of possession, but the same disappointment continuing, I had recourse to drinking, which instead of remedying the evil, only increased it; no kind of erection could I procure, and positively emitted the seed always before

before any connection took place. The distress of being in this unfortunate predicament was greatly heightened, by the fear that my wife had dropped some hints to my mother, of my incapability of performing matrimonial duty, and I looked upon a divorce as inevitable, when I was advised by a friend, to whom I acquainted my truly critical situation, to purchase some bottles of your Nervous Cordial. The persevering in taking this excellent medicine, has given a stamina to my constitution, of which I thought my youthful excesses had entirely bereft me, in about five months it accomplished a cure, and it is with pleasure I inform you, that my wife is pregnant with her first child, of which I believe I should never have been the father, had it not been for so invigorating a preparation as the article in question, which may be actually said to give to debilitated constitutions a new existence. I am with gratitude, for the great assistance you have rendered me,

Dear Sir,

Your obedient humble servant.

A patient applied to me a few months since out of Lincolnshire for some of my Nervous Cordial, whose name I suppress from a motive of delicacy, who, by giving way to the enormous and self punished sin of Onanism, had produced a most sad derangement in the nervous system, accompanied with weakness, uneasiness, weariness, and anxiety.

anxiety. The excessive flux of semen, which he continually discharged, always left him in a most exhausted and emaciated state. His countenance presented a cadaverous appearance, those motions that were easy and natural to others, were difficult and almost impossible for him to perform, his legs would scarcely support him, his digestive powers were so impaired, that he could not keep his food above three or four hours upon his stomach, and the multiplicity of phlegm that he expectorated, was to him a source of pain and anxiety.

In this perturbed state of mind, and debilitated system of body, I administered to him my Nervous Cordial, which considering the multiplicity of his complaints, and his irresolution for some time to discontinue a practice that had involved him in such complicated distresses, effected wonders. He has now become hale and robust, and earnestly laments his having so long given way to a vice so fraught with danger and self-destruction, as the sin of Onanism.

Habits of this pernicious nature have been known to be used by children, at the early period of from eight to ten years of age, one of which in particular came under my own cognizance.

A youth at this tender period of life indulged himself in this pernicious practice, which so much impaired his constitution, that his nerves became exceedingly weak, his hands

hands lost their strength, incessant tremblings agitated every atom of his frame, he was always in a state of perspiration, he had constantly pains in the stomach, and alternately in every part of his arms, legs, breast, and veins. A cough was always the companion of these symptoms, his aspect become cadaverous, his legs were fell away to a shadow, and his appetite was so destroyed, as seldom to induce him to obey the call of nature. Notwithstanding the existence of these symptoms, the Nervous Cordial soon restored him to his former health and vigour, blessings which he had every reason in the world to believe he should never again experience.

The Doctor has been recently supplied with the two following melancholy catastrophes of persons who have pursued this hateful vice to excess.

A youth about seventeen devoted himself to this seductive practice so entirely, that he would repeat the act three or four times in one day, which was both preceded and succeeded by insensibility, and attended by a swelling in the neck, and convulsive motion in the extending muscles of the head. After continuing this vice some months he became exceedingly feeble, but nevertheless persisted until he came to death's door, when the evil had made such a progress, that no medicine could afford him the least relief. His organs of generation were so weakened, that his semen flowed involuntary from him on the slightest erection. En habitual spasm which at first only affected him

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in the very act, now continued for twelve or fourteen hours at a time, which produced such violent pains in the neck, that the most alarming outcries were the consequence. At these junctures he could not swallow any food, and after languishing for many months, he died the most pitiable object perhaps that ever fell a victim to disease.

Before his death he more resembled a corpse than a living man, and the infectious effluvia that came from every part of his deceased body, was shocking beyond comparison. His mind was as disordered as his body, and his memory so impaired, that he could not retain the least idea of any thing but a knowledge of his own pain.

Boerhaave mentions another patient, who, through the adoption of this predominant passion, was first afflicted with a stiffness in the neck, which communicated to the spine, and afterwards to the other members. The inveteracy of this complaint soon completed his dissolution, but before he died he could not bear himself in any other posture than lying on his belly in bed, without being able to use his hands or feet, or take any sustenance into his mouth. He existed in this lamentable situation several weeks.

These cases are introduced to shew the danger that arises to youth, from exercising passions that are a disgrace to human nature.

An instance occurred to me a few days since. A captain from the East Indies being on the point of marriage, who laboured under a dreadful consumption, and was apprehensive matrimonial engagements would be detrimental to the restoration of his health, informed me, that, previous to his going to the Indies, he had been injured by the Venereal Disease, and at the time of his applying to me, was under the direction of an eminent physician, but found himself every day weaker and more relaxed. After a strict examination, I found not the least symptom of a venereal taint, which induced me to enforce the question to him, whether he had ever been addicted to that baneful habit, to which he candidly acknowledged he had. I recommended to him the Nervous Cordial, which he took for six weeks, and is now perfectly restored.

C H A P. XXII.

ON THE FEMALE SEX.

WITH the most heartfelt regret I am under the indispensable necessity of observing, that the tender sex, the most amiable part of the creation, those for whom we are animated to glory, danger, and every enterprise which we think will recommend us to their regard; that these desirable objects, who should obey the dictates of nature, and render our passions and our loves congenial, have their minds as well as bodies frequently enervated by shameful practices, which they are so silly as to im-

imagine are entirely hidden from the world; but which are but too plainly depicted in their countenances, and by their frigid relish for genuine love, and their unnatural distaste to the male part of the creation for whom they were by Providence destined; for their bodies are by these filthy practices not only so weakened and emaciated, that they are often rendered barren, and thereby greatly prejudice society and posterity; but they at length contract an unconquerable habit of this kind of gratification, which is always so ready at hand, and which they fancy an indulgence, without the danger of child-bearing, the loss of reputation, or of health. In this they greatly deceive themselves; for the evil consequences of such practices are infinitely more dreadful than any of the dangers which terrify them from natural enjoyment.

This it must be owned is a delicate point to treat upon; and it may be urged in their defence, that strong passions, a naturally amorous constitution are great palliatives for what they may think an innocent amusement. Parents and relations, who superintend their introduction into life, do not consider how early these natural operations take place; that if they are thinking of a husband for a daughter, they are consulting rather the force of his pocket, than the strength of his constitution, and the risk a young woman is liable to, in having intercourse with a man before marriage. It were to be wished, that parents would consult the real happiness of their children, and not attempt to curb those desires that are not only laudable when directed in a proper channel, but rather endears to promote their gratification as far as they are reasonable. To this end, it would be prudent to provide a proper husband for a daughter as soon as she is marriageable, instead

instead of permitting her to languish till she is five or six and twenty in hopes of a good match. Mothers should not attempt to persuade daughters that they are mere children when they are as capable of being mothers as themselves, with no other view than that their real age may not be guessed at or discovered. Such artifices as these are constantly detected; and it would be much more to their credit to be young gran-dames than old coquettes.

The females of England and other northern climates, do not attain the age of maturity so early as in more southern latitudes. In Asia, women are almost past child-bearing as early as some cold constitutions in the northern parts of America have little more than attained the age of puberty. But in general, females in England are capable of child-bearing about fifteen; and this is testified by the marks of puberty, the projection of their

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breasts,

breasts, and monthly purgations. Many have these signs at thirteen and fourteen, and consequently could increase our progeny from that time, till about the age of forty-five, which is the period when women in this part of the world usually discontinue the menses, and are past child-bearing. It must therefore be very impolitic for a state to prevent a female being able to dispose of her person in wedlock till she arrives at twenty-one, since, it is evident, she might in that time have produced six or seven subjects, the number of which constitute the most permanent riches, prosperity, and security of a kingdom.

Thus much I have said to palliate if possible, any errors in the conduct of the ladies, whose advocate I would willingly be upon every occasion: but let not any female imagine, that the most elaborate eloquence can ever excuse their pursuing this abominable practice, which is more
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baneful, as it may be said to be contagious, a single sinner, in this respect, having frequently corrupted a whole seminary of virtuous girls.

The danger to which women expose themselves by so destructive a gratification of their passions, are very analagous to those which men are liable to from this filthy practice. The humour which is lost by females is not, it is true, so elaborate as the male semen, and may not therefore enfeeble the body so speedily; but when they are guilty of excesses, their nervous system being weaker than ours, and naturally more liable to spasms, the accidents arising therefrom are still more evident: they also are exposed to hysterical fits, and dreadful vapours; to incurable jaundices; to violent cramps in the stomach and back; to acute pains in the nose; to the fluor albus, the acreation whereof is a continual source of the most smarting pain,

to descents and ulcerations of the matrix, and to all the infirmities which these disorders bring on; to the furor uterinus, which at once deprives them of decency and reason, a state in which cannot long exist, as their vices and crimes, when arrived at this extreme, must soon terminate their existence.

A fine woman, in the best state of health, who addicts herself to this direful practice, will experience an early decay of her charms, her eyes will lose their lustre, and become languid and dead, her complexion fade, her strength experience a rapid decline, and in a short time, if she perseveres in the habit, from an agreeable and desirable object, she will become not only disagreeable to the men, but even disgustful to herself; and if it is true, as Rochefoucault says, that the last sighs of a fine woman are more for the loss of her beauty than her life, she will have the irksome task of anti-

anticipating this mortification in the very prime of youth. We are told by all the professors, who have written upon this subject, that young people of either sex who addict themselves to it, fall away and diminish, instead of encreasing in their growth; and we often find young people of both sexes, but particularly females, who, being well made at the age of ten or twelve, become afterwards crooked, by bending and weakness of the spine.

I have already mentioned the disgust that is created by this practice to natural pleasures, and it is still stronger in females than in our sex; for women, who have habituated themselves to this practice, are always indifferent to the lawful duties of the conjugal bed, when their inclinations and power still remain, and this indifference does not only induce many females to embrace a life of celibacy, but accompanies others who have

have been prevailed upon to enter into the married state, and we have testimonies of many females, with whom this practice had gained so complete a dominion over their senses, that they held in detestation that great law of nature pointed out by the omnipotent Creator of the universe,

C A S E S.

A young lady of Birmingham, who was long afflicted, and whose disorder was considered a decline, was advised by her friends to go to Manchester, and have the advice of that eminent physician Dr. Percival; the doctor's opinion was, that she was not in a decline, but her complaint proved of so precarious a nature as to baffle that eminent physician, as well as many others, consulted prior to her applying to him. She at length became so weak and emaciated, as to be incapable of walking across the room, and at last unable to rise from the chair without assistance. Still growing worse, was prevailed upon though with great difficulty, owing to her continual pains and weak state, to make trial of a journey to London, to consult
another

another eminent physician Dr. Pitcairn, when after seeing her in the wretched state she appeared in, and considering medical assistance vain, was candid enough to say he could render her no service; fortunately, a lady of her acquaintance who had been in a decline, and had been recovered by the advice of, and taking Dr. Brodum's Nervous Cordial, strongly recommended her to consult the doctor, and to disclose her case in as clear and open a manner as she possibly could, the which she was prevailed upon by sending her nurse, who was her confidant, to the doctor at his house, who, after hearing the nurse, conjectured she might be rather diffident in disclosing her disorder, as far as she knew of it, and by pressing her not to deceive him, but to open the case in as clear a manner as she could, she confessed she had been guilty of this destructive practice nine years; the doctor accordingly treated her as such, when to the utmost astonishment of all who knew her, by taking two five Guinea bottles of Dr. Brodum's Nervous Cordial, and strictly adhering to his advice she was perfectly restored to her former state of health, in four months, has since married, and been blessed with two children.

A young lady of family and fortune, whose disorder was treated as a cancer, which in fact was not, it being an inflammation brought on by the above practice, and through the very great danger of the complaint, and the wish of being restored, she was prevailed on by the intreaties of a favoured servant, at the instance of the mother, to own her indiscretion, and discover the real cause

of

of her complaint; she acknowledged being addicted to that pernicious habit for several years, by being initiated to that practice at a boarding school. By my advice she took the Nervous Cordial, used fomentations, and was in two months recovered to perfect health.

A married woman caused her case to be made known to me, through the channel of her midwife, which was nearly as follows: When I was a young girl, at the age of fourteen or fifteen, being enticed by some of my school fellows, and particularly my bed-fellow, I began to penetrate those parts, which should never have been explored but by a husband. This practice I continued till I was run away with by a musick-master, at eighteen; it were needless to enumerate the difficulties I met with till my relations were reconciled to the match. Sufficient it is to say, I had four children by my husband in three years, two being twins, but they all died; and also my husband soon after. I was in a state of widowhood for three years, and then married again, with the approbation of my relations. Before this union, I found all my girlish inclinations come upon me, and not daring to risk any connection with a man, I repeated my former practice with such violence, (particularly just before and after my monthly courses) that I made myself violently sore, and brought on such a bearing down of the womb, that it was with much difficulty I could walk. These complaints have increased since my last marriage, and though four years have elapsed from that period, I have not been once pregnant. I had been prevailed upon by my
huf-

husband to undergo a physicians inspection, prior to my application to Dr. Brodum, when he said that my womb was very weak and slippery, and he was afraid I should never have any more children. He, however, prescribed the Bath water and injections; but they proved of no service, as I continued really weakened, by a white running, which was very considerable, and with the bearing down, which frequently is very great, and occasioned a continual pain in my womb, and in my back, whereby I was greatly fallen away; and what is remarkable, I had no manner of inclination for the act of procreation, and very little or no pleasure in the act at all, which I am inclined to believe was as much the reason as any other of my incapacity of bearing children; fortunate for me, having as before mentioned, made application to Dr. Brodum, I have the satisfaction to say, that in two months, by strictly attending to the prescriptions of Dr. Brodum, and taking his Nervous Cordial, I found a considerable amendment, as the white running has ceased, and my strength amazingly increasing, and have not a doubt, by the blessing of God and Dr. Brodum's assistance, of being compleatly restored in a short time to a good state of health.

A married woman, aged about forty seven years, consulted me for barrenness, from a laxness of muscular fibres of the vagina and uterus; but examining the case, and suspecting both from the character she bore, and from what she herself had said, that it was not owing to any insufficiency in the husband, whom she publicly complained of,

but

but to her own insatiable lust; for it plainly appeared her case was owing to friction; wherefore, considering her age, and the little hopes of success, I declined saying any thing upon the subject; however the same woman, without any knowledge, began taking my Nervous Cordial, which she strictly adhered to, according to the directions given with each bottle, when by taking the same for three months, she found a wonderful alteration in her whole frame for the better, which induced her to wait again upon me, and relate the resolution she had formed of a trial of the Nervous Cordial; and further requested me to give her other advice towards re-establishing her to her former state. I gave her a prescription, and desired her to continue the Cordial, which she did for at least four months more, when she has informed me she considered herself perfectly restored, and as hearty in every respect as ever she was in her life.

C H A P. XXIII.

OF THE DISORDERS INCIDENT TO THE
FEMALE SEX, AND THE MOST AP-
PROVED METHODS OF CURE.

AFTER what has been said concerning the filthy, shameful, and destructive practices of the women, by themselves, or amongst each other, which occasions such a variety of evils and disorders, it were but justice to the sex to own, that, from their natural formation and disposition, and the incidental casualties attending pregnancy and child-bearing, they are subject to many afflictions in various respects, analogous to those mentioned in former sections,

sections, and from which the men are entirely exempted; and therefore I think it necessary to explain myself upon these heads in this section.

The whites are a foul excretion from the womb, commonly attendant upon weak women, oftentimes after hard labour, sometimes during pregnancy, and frequently in a virgin state. This disorder is a distillation of a variety of corrupt humours through the womb, flowing from different parts of the body. This oozing is of many colours, sometimes blackish, yellowish, greenish, reddish, and bluish. Having no periodical flux, as the regular menses, its returns are disorderly and uncertain.

The cause of this disorder may be attributed to a general weakness, or cacochymia, and sometimes to a partial debility, as in the liver, which, by the inability of the sanguificative faculty,
occasions

occasions a generation of corrupt blood; in this case, the matter is reddish, when the gall is remiss in its office, not drawing away the choleric superfluities which are engendered in the liver; when the Spleen does not sufficiently perform its office in cleansing the blood of the gross and excrementitious parts, it then is blackish; sometimes it is occasioned by catarrhs in the head, or from any other member that is in a disordered state; when the flowing is whitish, the cause resides in the reins or the stomach; if in the reins, it is occasioned by being over-heated, which causes the spermatic matter, by reason of its tenuity, to flow involuntarily; but when the stomach is the seat of the complaint, it is occasioned by crude and vitiated matter remaining there undigested, by reason of melancholy, or some stomachic complaints, and this vitiated matter is communicated to the womb by the liver, or instead of being

appropriated to chyle; if the disorder proceed from crudities in the stomach, or from a cold disordered liver, take every morning a decoction of lignum quassia (which is highly recommended by that eminent physician Dr. Lettsom) and half a drachm of pil-rufs, a scruple of aloes, syrup of ginger, sufficient to make up twelve pills, of which take two every night; but particularly let the womb be cleansed from corrupt matter, and be strengthened; for the cleansing whereof make injections of mugwort, spikenard, bistort, mercury, all of which may be got at a herb stall; sage, adding thereto sugar, oil of sweet almonds, of each an ounce. The womb should be strengthened, for which you may use fomentations made of red wine, after mastich, fine bole, balustia, and red roses; and to take of the NERVOUS CORDIAL four tea-spoon fulls, twice each day; the best is a dry regimen; this distemper being occasi-
 oned

oned by phlegmatic and crude humours; too much sleep is also pernicious, and, on the other hand, moderate exercise is eligible.

I have been the more circumstantial in prescribing for the cure of this disorder, as it is more general than may be thought, and is, indeed, concomitant with a weak or over delicate constitution; therefore, ladies of this complexion, should pay the greatest attention to remove the complaint before it makes too great a progress. To this end, I would have every female who finds herself subject to this affliction, examine strictly, whether or not her suspicions are well founded, and to keep the parts particularly clean, by washing with luke-warm water, at least every other day. Besides the satisfaction it must afford every female to know the real situation of her own body, and, if disordered, timely to

remedy it; there is nothing which is more productive of health in this respect, and, as a proof of it, an additional gratification will arise therefrom in the act of copulation, and it will greatly tend to the improvement of their complexion.

The disorders relative to the monthly courses are so very analogous to the former, that many have called the whites the false courses, though, in fact, they arise from a different source. Nature has made provision for the nourishment of children during their recess in the womb of their mother, by that redundancy of blood, which is natural to all women, and which flowing out at certain periods of time, when they are not pregnant, are from thence called terms, and menses, from their monthly flux of excrementitious and unprofitable blood. As to this flux being excrementitious, is to be understood

stood only with regard to the redundancy and overplus of it, as it is in no other way an excrement, than with respect to quantity, being, in point of quality, as pure and incorrupt as any blood in the veins; and this appears by its final destination, the propagation and conservation of mankind, as also by its generation, being the superfluity of the last aliment of the fleshy parts. These monthly purgations usually commence about the fourteenth year, and continue to the forty-fifth, but not without frequent intervening suppressions, which are sometimes natural, and sometimes morbid: They are natural in pregnant women, and those who give suck; but when morbid, they are occasioned by an interruption of that accustomed evacuation of blood which should monthly flow from the matrix, and which proceed from the matter being vitiated: The cause is, in this case, either internal or external;

the internal cause, either instrumental or material, in the blood, or in the womb: The blood may be faulty two ways, in quantity or in quality; in quantity, when it is so consumed, that there is not an overplus left, as in viragoes, and all other virile women, who, through their heat and strength of nature, digest and consume all their best nourishment: The blood may also be consumed, and the terms suppressed by too much bleeding at the nose; likewise by a flux of the hemorrhoids, by a dysenteria, evacuations, chronical and continual disorders: And the matter may also be vicious in quality, as when sanguineous, phlegmatical, bilious, or melancholious; each of these, if they offend in grossness, will cause an obstruction in the veins. The defect may likewise, for various reasons, reside in the womb, as, by the narrowness of the veins and passages by apothumes, tumours, ulcers, and by over much cold
and

and heat, the one vitiating the action, the other consuming the matter; also by an evil composition of the matter; likewise by an evil composition of the uterine parts, by the neck of the womb being turned aside, and sometimes, though but rarely, by a membrane or excrescence of flesh growing about the womb: The external cause may be heat or dryness of the air, immoderate walking, great labour, violent motion, whereby the matter is so consumed, and the body is so exhausted, that there is no redundant blood remaining to be expelled; whence it is recorded of the Amazons, that being active and always in motion, they had little or no monthly fluxes. It may also be caused by cold, and most frequently is so, the blood being thereby rendered vicious and gross, condensing and binding up the passages, that it cannot flow forth. If the suppression be natural, and caused by corruption, it may be known by

drinking honey and water after supper, on going to bed; for if, after taking it the woman feel a bearing pain about the navel, and the lower parts of the belly, it is a sign she has conceived, and that the suppression is natural. If she does not find this effect from drinking the honey and water, she may conclude it to be vitious, and should immediately endeavour to promote the return of the menses, in the manner hereafter prescribed, otherwise the effects may be very dangerous, as this suppression may occasion swimmings, faintings, intermission of pulse, obstructions, chachexias, jaundice, dropics, hardness of the spleen, epilepsies, apoplexies, phrensy, &c. Evacuations are, in this case, proper, and therefore, in the middle of the menstrual period, it will be proper to open the liver vein; and, for the reversion of the humour, two days after the evacuation, open the saphena vein of both feet, and, if the repletion be not great,

great, apply cupping glasses to the legs and thighs. After phlebotomy, the humours must be prepared, and made flexible with syrup of stæchas, horehound, hyssop, betony, maidenhair, mugwort, and fumitory; then let a bath be made of rue, fetherfew, marjorum, fava, bay leaves, penny royal, camomile, and juniper berries; after which take of the leaves of nop and maidenhair, each one handful, make a decoction, of which take three ounces; syrup of mugwort and maidenhair mix of each half an ounce, and when the patient comes out of the bath, let her drink it all. Galen, in this case, commends pilula de hiera cum colycintida, as being proper to purge the offending humour; they are calculated to open the passages of the womb; if the patient's stomach be overcharged, let her take a vomit; but let it be prepared in such manner as to operate also as a cathartic, lest the humours should be too much

much turned back, by working only upwards; wherefore, take of trochifis of agaric two drchams, infuse them in three ounces of aximel, in which dissolve benedict. laxat. half an ounce, and of the electuary of diafarum, one scruple, which is to be taken as a purgative. When the humour hath, in this manner, been purged, more efficacious and forcible remedies may be applied, such as the extract of mugwort one scruple and a half, musk ten grains, trochifis of myrrh, one drachm and a half, rinds of cassia, parsley seed, castor, of each one scruple, to be taken with the juice of orange, on going to bed. The lower parts should also be administered to by fumigation, pessaries, unctions, injections, and infusions; make suffumigations of amber, galbanum, bay berries, mugwort, cinnamon, nutmegs, cloves, &c. make pessaries of figs, and the leaves of mercury, bruised, and rolled up with lint; make injections

tions

tions of the decoctions of mercury, betony, origin, mugwort, and figs, and inject it into the womb with a sponge. For unction, take ladant, oil of myrrh, of each two drachms; oil of lilies, almonds, capers, camomile, of each half an ounce; and with wax, make an unguent to anoint the place.

The patient should also remain in a dry warm air; should not sleep much; but, on the other hand, she should use moderate exercise, especially before meals, which should consist of attenuating food; take also four teaspoonfulls of the NERVOUS CORDIAL twice a day, with a glass of red wine after each.

The overflowing of the menses, is a disorder directly opposite to that which I have just been speaking of. This complaint is a sanguineous excrement, consisting of blood, and proceeding from
the

the womb, and exceeding in time and quality. The cause of this overflowing is either external or internal. The external cause may be the heat of the air, the lifting or carrying heavy burthens, unnatural child-births, falls, &c. The internal cause may be threefold: in the matter, instrument, or faculty; the matter, which is the blood, may be vitious two ways: First, in quantity, being so much, that the veins are not able to contain it: Secondly, in quality, being adust, sharp, or unconcocted. The instrument, that is to say, the veins, are faulty, by the dilatation of the orifice, which may be caused two ways, by the heat of the constitution, climate, or season, heating the blood, whereby the passages are dilated, and the faculty so much weakened, that it cannot retain the blood. Secondly, by falls, blows, violent motions, breaking of veins, &c. If it comes by the breaking of a vein, the body is sometimes cold, the blood
flows

flows forth in heaps, and that suddenly accompanied with great pain. If it be occasioned by heat, the orifice of the veins being dilated, there is little or no pain attending it, yet the blood flows faster than it doth in an erosion, and not so fast as in a rupture. If it arise from an erosion or sharpness of blood, she feels a great scalding in the passage; and in this case it differs from the other two, in its flowing not so suddenly nor so copiously as in those; if it be occasioned by the weakness of the womb, she has an aversion to copulation, even in the very act. If it proceed from the blood, drop some of it on a cloth, and when it is dry, the quality may be judged from the colour; when choleric, it will be yellowish; if melancholy, blackish, phlegmatic, waterish, and whitish. The cure of this complaint consists in three things: First, the repelling and carrying back the blood; Secondly, the correcting and taking away the fluxibility

lity of the matter ; and Thirdly, the corroborating the veins or faculties. In the first case, to promote a regression of the blood, phlebotomy in the arm will be useful, and such a quantity of blood may be taken away, as the strength of the patient will permit, which, however, should not be done at once, but at different periods, the spirits being thereby less weakened, and the retraction so much the greater. The cupping glass should be applied to the liver, that the reversion may be in the fountain moderated with cathartics ; it is necessary to correct the fluxibility of the matter. When it is occasioned by the acrimony of the blood, it should be considered whether the erosion be by salt phlegm, or of adust colour ; if by the first, prepare wormwood, rosin, citron-peel, with syrup of violets ; mild purgatives should also be taken, and make a decoction in plaintain water, adding thereto syrup rosæ. lax. three ounces, to make
 a potion.

a potion. When by adust colour, prepare the body with syrup of roses, myrtles, sorrel, and purslain, mixed with plaine water; and then, two days following to take four tea-spoonfuls twice a day. If the blood flows from the breaking of a vein, without any evil quality of itself, strengtheners only in this case should be applied; for which purpose a scruple of bole armoniac, a drachm of treacle, half an ounce of conserve of roses, with syrup of myrtle, make an excellent electuary. In case the flux is of long continuance, two drachms of mastich, a drachm of olibanum, and an ounce of tyoch de careble, with one scruple of balustium, made into powder, and with the syrup of quinces, formed into pills, will be salutary.

There is another disorder attending the menses, which is their irregularity. When they come before their time, there

there is a depraved excretion, which often supplies their place at the expected periods; and, in this case, they return twice a month. The cause, in this case, resides in the blood, which stirs up the expulsive faculty in the womb, and, sometimes, in the whole body, and is frequently occasioned by the patient's diet, which increasing the blood too much, renders it too sharp or too hot; and, in case the retentive faculty of the womb be weak, and the expulsive faculty strong, and of a quick sense, they are brought forth the sooner by means of a fall, a blow, or some violent passion, which the person afflicted can account for; if it be occasioned by heat, thin and sharp humours, the whole body is disordered. It is, in this case, more troublesome than dangerous, but is pernicious to conception. If it arise from the sharpness of the blood, good diet, the **NERVOUS CORDIAL**, and bathing at
Tunbridge

Tunbridge Wells, will be necessary. If the blood be thick and foul, it should be thinned, and the humours mixed therewith be evacuated, wherefore it is proper to take purgatives after the courses, and to use calamints, fumes, possaries, and the application of cupping glasses without; scarification to the inside of the thighs, are also necessary; the legs should likewise be rubbed, the ancles scarified, and the feet held in warm water, four or five days before the courses come down; proper applications are also necessary to be made to the pudendum, in order to provoke the flowing of the menses, some time before they are expected.

The last disorder which I shall mention, peculiar to the women, is the falling of the womb, which is not only extremely troublesome, but is also a hindrance to conception. The womb will sometimes descend as low as her

knees. This is occasioned by the ligaments, which unite it to the other parts being out of order. There are four ligaments, two above, broad and membranous, which come from the peritonæum, and two below, which are nervous, round, and hollow. The womb is also bound to the great vessels by veins and arteries, and to the back by nerves. The womb changes its place, when it is drawn another way, and when the ligaments are loose, its own weight bears it down. It is drawn on one side when the menstruum are hindered from flowing, and the veins and arteries which go to the womb are full. If there be a *mole**, on one side the liver and the

* A mole is a false conception, or lump of flesh, burthening in the womb. Some are of opinion, that it is produced from the woman's seed going into the womb without the man's; but this can only mean, if any thing, that some of the ova having gained admittance into

the

spleen will cause it, the liver veins on the right side, and the spleen on the left, being more or less replenished.

Some physicians are of opinion, that this disorder arises from the solution of the connection of the febinous neck, and the parts adjacent: Be this as it may, with women in the dropfy the falling of the womb is occasioned by the saltness of the water. When

the womb, by masturbation, or some such filthy practice. Other physicians are of opinion, that it is engendered of the menstruous blood; but in this case, it would follow, that maids, by having their courses stopped, would be subject to this accident: But this has never yet been proved. The real cause of this carnous conception proceeds both from the man and the woman; from corrupt and barren seed in the man, and from the menstruous blood in the woman, both mingled together in the cavity of the womb, and nature finding herself weak, yet endeavouring to maintain the perpetuity of her species, labours to bring forth such a vicious conception, rather than none, and, being incapable of producing a living creature, generates a lump of flesh.

there is a little tumour, like the skin stretched, within or without the pudendum, or a weight felt about the privities, these are symptoms of the falling of the womb. When there is a tumour like a goose's egg, and a hole at the bottom, great pains is at first felt in the parts to which the womb is fastened, such as the loins, the bottom of the belly, and the os sacrum, which is occasioned by the breaking or stretching of the ligaments. Fomentations of red wine, boiled with flax-seed, should be applied, as it tends greatly to strengthen the weakened parts; bandages also for the purpose, to be had at the Doctor's house; four tea-spoonfuls of the NERVOUS CORDIAL should be taken four times a day.

But those cases are, in general, of so dangerous a nature as to require the personal attendance of the Doctor.

C H A P. XXIV.

A SOVEREIGN PLASTER FOR THE
DISORDERS OF THE MATRIX, &c.

OF cerus, a quarter of a pound;
minium, half a pound; Genoa
soap, five ounces; oil of olives, one
pound; put the minium and the cerus
in a pan upon the fire; continue
stirring the same, till they are well
incorporated and united together; then
cut the soap in small bits, and put
it in piece by piece, keeping the con-
tents of the pan continually stirring;
let it do over a middling fire, till such
time as it become grey, or a chesnut
colour; take care that nothing boils
oyer, whilst it is boiling, as these in-

gredients swell a good deal, and continue constantly stirring till it be boiled enough; when it is of a good consistence, take it off the fire, and stir it till it be cold, when rolls are to be made of it; and care must be taken not to handle them with wet hands.

When there is occasion to use this plaster, it must be spread upon linen or leather; but if upon leather, care must be taken that it has no scent.

If the ligaments of the womb are relaxed, and a bearing down ensues, it should be applied to the navel, the patient remaining in bed two days, and keeping it on till such time as she be cured. It should, however, be taken off at the end of a fortnight, the place wiped, and another piaister put on, remaining without any bandage.

If

If a woman, when brought to bed, has any difficulty of having the after-birth brought away, this plaster will be greatly efficacious in performing it, by being put upon the navel, and leaving it in the manner above prescribed.

If a lying-in woman, or any other, or a maid, has too great a flux of the menses, this is a sovereign remedy, by applying it to the navel, as above.

If a woman, or a young girl, has not a sufficient flux of her monthly courses, or there is an entire suppression of them, this plaster should be used; and, in this case, it should be placed beneath the navel.

C H A P. XXV.

THE VENEREAL DISEASE.

THIS infectious disorder was brought into Europe, according to the best authorities, from America, by the sailors who accompanied Columbus on his ever memorable expedition in the year 1493. They communicated it to the Neapolitan women, of whom the French contracted it at the siege of Naples, from which circumstance it derived the appellation of the French disease.

It is denominated a local infection when the venereal contagion has not affected the whole mass of blood, but

is

is confined to any particular part. What constitutes a universal infection is when it enters the habit, and affects the fluids.

The Venereal Disease is communicated almost imperceptibly through the medium of the genitals, nipples, lips, and any part that is covered by the cuticle. Examining venereal ulcers with cut fingers have frequently produced it with great virulence.

Dr. Smith relates a case of a young lady of family and fortune, who contracted a taint of so fatal a nature as to be the death of her in consequence of her sweetheart's kissing her when venereal ulcers were formed in his mouth and throat. This is inserted to prove how extremely cautious young persons should be against innocently catching a distemper that may, like the example in question, injure their reputation, and terminate their life.

Dr.

Dr. Rutherford, of Edinburgh, says, that a clap is an internal chancre, though the dissection of bodies demonstrates the contrary.

So subtle is the poison of the Venereal Disease, that nurses who have had infants sucking at their breasts, have frequently communicated it through the nipple; how necessary, therefore, is it for parents to study the morals of those to whom they place their children; and, on the other hand, nurses frequently imbibe the contagion through suckling infected children.

When this disorder is contracted, the taint is conveyed into the lymphatic glands. From the penis it is communicated to the glands of the corpora cavernosa, the urethra, and afterwards to the inguen. From the nipples to the axillæ.

A gonorrhæa

A gonorrhæa is an inflammation and exorcation of the glans or vagina, and the urethra, in both sexes.

Cleanliness, in every species of this complaint, is indispensibly necessary for both sexes to observe. The parts affected should be carefully washed with warm milk and water, which, by removing the irritating particles, has often, without any other assistance, cured a simple gonorrhæa.

The use of mercury, as a specific in this disease, is, by far, too general. When the disease is communicated to the system at large, mercurials are, with great propriety, made use of both externally and internally; though I much question, whether ever, in the worst stage of the Venereal Disease that ever yet existed, it was ever necessary to produce that complete salivation which is so generally practised in the hospitals
in

in this kingdom. And in slighter and more local affections, the introduction of mercury into the constitution can be productive of no benefit, and is often attended with very great disadvantage. Much caution, therefore, and the advice of those whom a long experience has rendered capable and skillful, is necessary in the use of this active mineral. The same occurs with respect to arsenic, which, though in the hands of the vulgar, is often employed as a poison to destroy life, yet, in the hands of the experienced chemist and physician, may be converted to the most beneficial purposes.

The Arabians were the first who invented the use of this medicine, and embraced the opportunity, as an excellent means of destroying their vermin, which example was followed by Peter, the Spaniard, a celebrated Physician, who was created Pope in the year 1276, and took the name of John XXI.

When

When mercury was first administered for the cure of the Venereal Disease, it was given with great caution, and attended with the best of advice, and was productive of infinite benefit to mankind, but since that period, it is difficult to ascertain whether the good it has effected will counterbalance the innumerable evils an improper use has occasioned.

It is much to be deplored, that the modern system of medicine should vary from ancient practice. Formerly, the most malignant of disorders were expelled by the proper applications of roots; an art that the Americans practise to this day with the greatest success. Nature has given us an antidote for every disease, and, for myself, I feel happy, that through my knowledge of the vegetable world, I have been able to compose a preparation of the most sanative plants, roots, &c. which will effectually

effectually eradicate so destructive and obnoxious a complaint as the Venereal Disease.

The Botanical Syrup is composed of such innocent ingredients, that instead of impairing the constitution, as is the case in all mercurial preparations, will fortify it with strength, and finally, in the worst of venereal cases, will purify the blood, and correct the habit of the body, and so remove every symptom of that truly horrid, but too general complaint.

C A S E S.

TO DR. BRODUM.

No. 9, Albion-street, Blackfriar's, London.

SIR,

To demonstrate the feelings of my mind, to evince the heart-felt gratitude I ought to express for my restoration to life, health, and friends, exceeds my utmost ability.

To

To you, Sir, my dearest relatives are indebted for my existence, when every hope of recovery was lost, and dire despair sat on the countenance of every person interested in my happiness. Humanity and commiseration induce me to request your publication of my situation.

Through an imprudent connection, formed when Reason had deserted its reins, I contracted a Venereal Taint, and, in consequence, made application to a surgeon, went under a regular course of mercury, with the annexed horror of frequent salivations, without eradication. The disorder was farther augmented by a cold I caught during my above situation, which deprived me of the use of my limbs. By the recommendation of a physician of eminence, I was removed to Cheltenham and Harrowgate, to try the virtues of the waters, but without relief. The hot bath was next administered with the same degree of success. In this condition I continued four years. The disorder had, notwithstanding the strictest attention, arrived to that height, as to produce cancerous knobs in several parts of my body, when, accidentally seeing an advertisement in the London papers, stating the situation of an old school-fellow, a Capt. George, of Hull (who, for some years I had not seen) I immediately wrote to him to be convinced of the fact; which, to my surprise, he informed me it was; I consulted my friends, who entertained a very indifferent opinion of advertising doctors; but my reliance on the recovery of my friend, by the same medicine, made me resolve to try its effects; I, in consequence, sent to Mr. Bristow, of Canterbury, for three bottles of Dr. Brodum's Botanical Syrup, which I took as directed. On using one bottle, I found the dreadfulness of

of my situation considerably augmented, and concluded the composition to be entirely mercurial, as I felt its effects in a more forcible manner than even when under salivation; my friends wrote immediately to Dr. B——, who informed me, the tendency of the Syrup was of that singular nature, as to eradicate the mercury out of the system, and, of course, by agitating the subtle qualities of that destructive mineral, in its dormant recesses, it must, in the progress, have the same effect. In consequence of that information, I persevered in it for several months, and to the astonishment of every person who knew me, was restored to that degree of health, as was almost incredible.

A——R——.

N. B. Since my situation as last mentioned, three months have elapsed, and I am now entirely recovered; as a proof, can enter into the most athletic exercise, without injury.

My family connections will permit the publication only of my initials, but any gentleman wishing to be personally acquainted with its authenticity, may, on application to the Doctor, receive reference to my residence.

CASE OF CAPT. C——, of WAPPING.

I Captain C——, of Wapping, was afflicted with a complaint of a Venereal tendency, which materially injured my hearing. I was advised to adopt a salivation, but the

the disorder had so far entered the system, as to produce holes in my legs. I was recommended sea-bathing, but without relief; but meeting with Captain Waring, of Rotherhithe, at Gibraltar, he procured me a quantity of Dr. Brodum's Botanical Syrup, which, in three months, not only eradicated the complaint, but so far healed the sores in my leg, as to render their former appearance not perceptible, and in gratitude for my recovery, I express a wish for the publication.

CASE of Mr. D——, of Theobald-road.

I was subject to a Venereal Disorder nineteen years, and during that period, was under the hands of the first men in the science of physic, who adopted every method wherein the smallest probability of success could be formed; and apparently, the disease was entirely expelled; but the alleviation was but for a moment, and then returned with redoubled force; the want of success, the assertions of entire restoration, by those who undertook the cure, entirely dissipated those sanguine hopes I entertained of the infallibility of medicinal skill. The natural consequence resulting from the inefficacy of the various methods adopted, and the violent operation of astringent minerals, coming in contract with the disease, produced an ulcer on the lungs. Then the horrors of existence was experienced, a description of which, would be an attempt vague and inconsistent; those only who have felt that degree of misery, can be sensible of its effects. Without wishing to reflect on prac-

tioners: (to whom nature has not been so liberal, as their unwearied exertions merit) practical knowledge must be acknowledged far superior to theory. The contradictory assertions on the symptoms, the excruciating torture arising, had been discussed, and various motives ascribed. During this period, my dissolution was the only subject of my prayers, when I received from a friend, a pamphlet of Dr. Brodum's, recommending a medicine, called the Botanical Syrup, in which was pointed out several cases of a nature strongly similar to my own; but as some person in it, says he had no opinion of the merit of nostrums, I must own I entertained the same idea, but through the importunity of my friend, and being conscious I could not be in a worse situation, I sent to Dr. Brodum, and went under a regular course of his medicines, and in four months was astonishingly recovered.

Mr. D—; is entirely restored since the above statement, and has recommended the Botanical Syrup with that zeal, which he is sensible it merits.

Though Dr. Brodum's Botanical Syrup is so well known for it's efficacy, in relieving many thousands of people in certain disorders, that must inevitably have sunk into the grave, to prevent the above disorder.

As many persons in the moment of intoxication, or from the promiscuous pursuits of pleasure, are extremely liable to endanger their health by improper connections with the *fair sex*, Dr. Brodum has the satisfaction to inform them, that he is in possession of an infallible remedy, which has
never

never been known to fail in any instance, as a certain preventive against the venereal complaint, which will have the desired effect in twenty-four hours after connection, and which only can be had by application at the Doctor's house, (and at any hour) by asking for Dr. Brodum's *Golden Packet*, with proper directions for using it, Price 1l. 2s.

N. B. Any slight infection, the Doctor undertakes to cure in 48 hours.

THE concourse of persons who assemble at the most fashionable watering places to indulge themselves in the favorite custom of Sea-Bathing, without an idea of the numerous dangers to which they are exposed, by thus immersing themselves into an element, to which they are totally unaccustomed, renders it incumbent on the author of a Treatise of Health, to give them the following cautions.

When the viscera are obstructed, a
 CHAP.
 H 2

C H A P. XXVI.

OBSERVATIONS *on* SEA BATHING.

THE concourse of persons who assemble at the most fashionable watering places to indulge themselves in the favourite custom of Sea Bathing, without an idea of the numerous dangers to which they are exposed, by thus immersing themselves into an element to which they are totally unaccustomed, renders it incumbent on the author of a Treatise of Health, to give them the following cautions.

When the viscera are obstructed, a spasm or cramp ensuing, occasions the dissolution of those, who, in these immersions,

mersions, for want of proper reflexion, become the victims of their own temerity.

Man, undoubtedly, from his first formation, was taught to immerse himself in cold water, the practice, therefore, must have immediately followed the creation of the world. To lave the body in cold water, when parched with the too oppressive heat of the sun, or when over-fatigued by the common labour of the day, is certainly as great a refreshment as it is in the power of man to experience. But before he indulges himself in this pleasurable sensation, he should acquaint himself with the actual state of his health, least, by an incautious act of temerity, he should bring upon himself a disorder that may either occasion him a speedy or lingering dissolution.

Cleanliness is so commendable in all
 ages, sexes, and dispositions, that the
 celebrated Lord Chesterfield has actually
 ranked it among the virtues, nor is
 there in his excellent lessons to his son,
 any advice that he more strongly en-
 deavours to inculcate, than a strict ad-
 herence to a rule, without which, nei-
 ther the woman of quality, nor the
 man of fashion, can appear with com-
 mon decency, much less advantage.

Animals being taught by instinct to
 immerse themselves in cold water, for
 the purposes of refreshing themselves
 after being fatigued from the intense
 heat of the sun, and washing off that
 dirt and filth that will ever adhere to
 their bodies in hot sultry weather,
 presents a most excellent example to
 man, who should regulate his seasons
 of bathing with extreme caution, and
 take special care not to remain too long

Cleanliness in

in the water, lest instead of good, evil consequences should ensue.

-The voluptuary, and all persons, who, from the nature of their employments, are obliged to lead sedentary lives, will find the cold bath most singularly serviceable, from its strengthening the action of the solids, producing a free circulation, and removing crude humours, and all obstructions that take place in the glandular system and capillary vessels.

Salt water, by possessing a greater portion of gravity than any other, accelerates the motion of the blood, and through its wonderful efficacy, by stimulating the skin, promotes a free perspiration, and prevents the patient from taking cold.

Cold bathing more easily prevents than removes obstructions in the glandular

dular or lymphatic system, and when they have arrived at a certain pitch, these immersions are often the ultimate occasion of the patient's dissolution. When the passages of the lungs are obstructed, and any symptoms of inflammation appear, bathing should carefully be avoided, as directly inimical and fraught with danger of the most serious and alarming nature.

Persons of a plethoric habit, or who subsist on gross and high-seasoned food, run great risque in these immersions, of breaking a blood vessel, or producing an inflammation in the brain or viscera, and yet none, with more avidity, or less thought, plunge into the sea, and although they often escape without receiving any harm, yet the numbers whose immediate deaths are produced by apoplexy, cramp, &c. ought to be a sufficient warning to deter others from sanctioning so dangerous a practice.

Bathing

Bathing should never be adopted until the body has been prepared by some active alterative medicine.

The bracing qualities of cold bathing are not conducive of greater benefit to any description of patients, than those who have experienced a derangement in the nervous system; yet they ought to use it with extreme moderation and care, lest through the natural weakness of the bowels in those situations, the viscera should become obstructed, and the patient not be able to bear the cold which is the continual attendant upon this element. The best and surest mode of regulating the practice of Bathing is, to begin about the middle of the day, when the heat is most intense, by which means the body will not suffer, in the first instance, but will become so prepared by habit, that that severity of the morning, or of weather, which would otherwise

otherwise occasion the most fatal effects, may be enjoyed with safety, and produce a pleasure absolutely inexpressible.

Danger is always to be apprehended, and often found by sudden transitions from heat to cold.

Were parents to accustom their children to the use of the cold bath from their earliest infancy, its tonic powers would prevent the scrophula, rickets, and many other disorders, from which there is otherwise no preventive, and, at the same time, improve their strength, facilitate their growth, and, by removing those sickly, languid, and emaciated aspects, which are the concomitants of illness, their countenances would exhibit those insignia of health, which are real blessings to all who inherit so invaluable a possession.

The

The generality of diseases incident to childhood, would be obviously prevented by this excellent custom being adopted, under proper restrictions, from the birth.

Young men should systematically avoid too frequent bathing; which, as well as the rash practice of continuing too long in the water at a time, has, in innumerable instances, brought them to an early and untimely grave.

When the constitution is debilitated and relaxed, weakneses occur in the back and reins, relaxations and swellings appear in the joints, symptoms of scrophula, nervous affections, &c. the cold bath, by invigorating the muscular system, produces the best of effects, especially when the state of the body has been prepared by so sanative a medicine as the Nervous Cordial.

tirely free from the least obstruction.

This

The

The time of the day most congenial for bathing is, undoubtedly in the morning, or before the stomach has taken any portion of animal food, and the mode of immersion should be by descending into this nutritive element with the greatest possible velocity, and, by wetting the head first, the blood and humours are effectually prevented from being propelled towards that part, as is otherwise inevitably the case. A perseverance in this rule will effectually prevent violent head aches, &c. which would certainly originate from the adoption of any other mode.

The cold bath, by being continued in too long, prevents the excellent intention for which it was designed, relaxes the nerves, cramps the muscles, chills the blood, and occasions an excessive flux of humours to be propelled towards the head.

This very circumstance has frequently completed the destruction of several of our most expert swimmers, who, by being too partial to an exercise in which they have become such proficient, have fallen victims to their pleasure, or rather folly, before any assistance could be procured.

A single and instantaneous immersion of the whole body in the cold bath, answers a much more salutary purpose than if the bathers continue in it for a longer period, after which, the person should be carefully dried, and adopt, for some hours afterwards, healthy and wholesome exercise.

An excellent preparatory for every person to observe before he adventures on a course of Sea Bathing, is to take especial care that all the nerves, arteries, veins, and vessels, are open, and entirely free from the least obstruction.

The

The action of the water has so astonishing an affect upon the system of circulation, that the blood, and all the animal juices, are propelled with the greatest rapidity through every fibre of the frame, and when they are suddenly impeded in their progress, by an obstruction, the immediate consequences are, the bursting of a vein, or a spasm occurring on a vital part, than which nothing is more certain of producing immediate death.

Experience has convinced the author of this treatise, that nothing can so safely and completely prepare all persons who are induced to undergo a course of bathing, as a strict adherence in taking about two spoonfuls of the Nervous Cordial, regularly about an hour before each immersion. A month's preparation with gentle physic should likewise be strictly observed.

This

This will remove all obstructions in the vessels, clean and strengthen the viscera and vital organs, gently open and lubricate the bowels, and prepare the body to derive those advantages which were obviously the primary causes of Sea Bathing becoming so general in this country.

That description of persons who are induced to bathe from being subject to eruptions arising from vitiated humours, scurvy, &c. will experience particular relief in taking the Botanical Syrup one hour before bathing, and immediately afterwards, to the quantity of two table spoonfuls, which may be increased by regular gradations to four.

While discussing the advantages resulting from bathing at large, those which peculiarly depend on the use of the warm bath must not be neglected,
and

and here it must be obvious, that in almost every instance in which the cold bath would threaten mischief, the warm bath must produce considerable benefit. To those whose masculine fibres are relaxed, either constitutionally, or from the influence of some late disease, the studious, the sedentary, and the scorbutic, the warm bath must be deliterious; while the rheumatic, the asthmatic, the gouty, and those afflicted with sudden spasms, inflammations in the viscera, or internal obstructions of any kind, will be sure to derive a considerable mitigation, and, in many cases, a complete cure for the unhappy symptoms under which they labour.

This distinction and discrimination between the advantages of the hot and cold bath should be, therefore, minutely attended to, as of infinite consequence to the benefit of the patient who is
about

about to bathe; and it is from want of such attention that bathing has frequently been condemned, when, on the contrary, it ought to have been extolled; and the ignorance or inattention of the patient, or his friends, to have been condemned in its stead.

*Dr. BRODUM finally requests to conclude
with the following Address.*

BOLD claims to extraordinary cures are so often the effects of imposition or of arrogance, that the regular bred physician always feels some awkwardness in recommending to public notice any uncommon discovery he may have made during the exercise of his profession. Motives of false delicacy, however, should not engage him to suppress what may be of the utmost advantage to society, when confirmed by repeated experiments.

Dr. Brodum is induced by so just a consideration, thus to proclaim to the world, the result of his long and extensive private practice. His character
and

and situation in life place him beyond the reach of envious and illiberal attacks. He is enabled to despise any silly insinuation of his dealing in nostrums; such a bubble, raised by envy or malignity, must burst at the slightest touch of common sense. Are not the recipes of the most celebrated physicians their nostrums or specifics? Do they not prescribe from a presumption that such medicines will take effect? And, surely, the more proofs we can give of the efficacy of a medicine, the stronger claims we have to rational confidence. That confidence must also be increased, when the physician makes up the medicine himself, and thus guards the patient from the danger of trusting prescriptions to the ignorance, incapacity, and carelessness of some of the apothecaries' apprentices.

The Doctor flatters himself, his success in restoring many thousands in

the three kingdoms, who had laboured under the most dreadful, and hitherto incurable disorders, several years, will render him more essential service than mere pomposity of words. He is sensible how unusual it is for the faculty in England to circulate accounts of cures through the medium of pamphlets, bills, &c. But are the lives of our fellow-creatures to be sacrificed to silly prejudice? Is the form laid down by any particular set of men to be preferred to the dictates of humanity and common sense? Or can the suggestions of malignity and envy have more weight with the world than the full evidence of those whom the Doctor has relieved from sickness and despair? Their grateful and well-meant testimonies, and, in particular, the very distinguished signatures of several of the lords and ladies attendant on their majesties, will, he doubts not, carry some degree of weight with the impartial.

Prior

Prior to closing this address, the Doctor, with permission, begs leave to propose one question to his criticising friends—"Why are not cures published in a newspaper, equally worthy the notice of Valetudinarians, as those performed with greater privacy?" If any man is in possession of a valuable remedy, is he not a far more worthy and beneficial member of the community than those, who, from motives best known to themselves, withhold their salutary virtues from the public? In early times, the persons who had any success in curing disorders, described the progress of their medicines on the walls of the temples; if formerly that method was received with that gratitude the arduous task merited, why should cures advertised, be looked on with contempt? The Doctor will therefore challenge with confidence, secure in the integrity of his motives, and yielding to the force of this just observation,

servation, that “ to with-hold a remedy from the afflicted, is, in fact, little less than murder !”

Physic is now become a *complicated Science*, and ought, undoubtedly, to be practised only by men of long and successful *Experience* in *Anatomy*, *Surgery*, and *Chemistry*: And the Afflicted, who purchase medicines, ought to be well convinced that they apply to an *ingenious Physician*, one who is regularly admitted to practice, and not to an artful and self-recommended impostor.

But were the public to demand of such men their right to the noble ART of PHYSIC, their iniquitous proceedings would soon be put a stop to; and that the public may be guarded against the forgeries of those empyrics, Dr. Brodum here subjoins the Diploma, or Certificate of his Medical Degree.

THE

THE DIPLOMA,
 OR
 TESTIMONIAL OF THE
 DEGREE of DOCTOR in PHISIC,
 GRANTED TO
WILLIAM BRÖDUM,
 At the MARISCHAL COLLEGE and
 UNIVERSITY of ABERDEEN.

(Translated from the Latin Copy) viz.

To all and singular the Persons who
 may read, peruse, and to whose know-
 ledge this PRIVILEGE of the DE-
 GREE of DOCTOR in PHYSIC,
 by Us granted, may come—We,
 ALEXANDER DONALDSON,
 DOCTOR of PHYSIC, in the Ma-
 rischal College and University of Aber-
 deen, with HEALTH!

AS it has been an ancient and
 laudable Custom, that those who

have applied themselves to Learning, with much labour and assiduous Study, should be honoured with some singular Mark of Distinction, as a Testimony of their successful Perseverance, and a Reward for their extraordinary Merit, that the rising Generation may be incited by such Examples to pursue the like arduous, but glorious Career of Erudition and Virtue:

Therefore, We, ALEXANDER DONALDSON, with the unanimous consent of the RECTOR, PRINCIPAL, and the other PROFESSORS of the said University, do create, declare, and appoint the above WILLIAM BRODUM, *Doctor of Physic*, with full Licence and Authority to exercise his Profession, delivering Lectures, teaching and explaining the ART of PHISIC, as well as to exercise his Profession in every part of the World; and we also confer upon him, by Virtue of

of this public Instrument, all the Privileges, Immunities, and Honours annexed to that degree, in their utmost Extent, according to the Form, Spirit, and Intention of the Statutes of this College and University.

In Proof and Attestation of which, we have signed the GREAT SEAL of OUR UNIVERSITY, with our respective Names and Signatures to this DIPLOMA.

ALEXANDER DONALDSON,

Doctor and Professor of Physic.

GEORGIUS CAMPBELL, *Gymnastarch*, S.S. T.P.

J. BEATTIE, L.L.D.M. or P.P.

JO. STUART, Lit. Gr. P.

RO. HAMILTON, L.L.D.P.P.

JA. BEATTIE, Jun. P.P.

SIGILLUM

Collegii Marischal

Aberdonen.

A C A U.

A C A U T I O N.

In consequence of the great répute of the Medicine, it has induced a number of Quacks to counterfeit and vend them as genuine, who ride about the country, and deliver bills in my name; who send their servants to call for Dr. Brodum's books, and offer their own papers instead; therefore the public will remark that the Doctor never sends for any of his pamphlets again. As there is a person who calls himself a Doctor, entitles himself a Physician, imitates my writings, and advertises a Medicine in name similar to mine, I therefore, for the good of the unguarded public, caution them to pay attention to the following:—that on the seal of my medicine is the name

of

of Dr. BRODUM, and in each direction bill is my Degree, authenticated by the College of Physicians, as a regular bred man; and been honoured with the title of F.R.H.S.

And if the public do not find my Arms and Degree (as before-mentioned) on the bottles, they may be assured they are not genuine,

N. B. The Syrup is in tin bottles; the Nervous Cordial in flint bottles, with the Doctor's arms, i. e. three dolphins, crest, a bear,

Whoever will apprehend any person or persons of the above description, shall receive a reward of TEN. GUINEAS, on conviction of the offender or offenders, by applying to Dr. Brodum. It will be necessary the Doctor should see such patients as are afflicted with deafness or loss of sight.

EXTERNAL

EXTERNAL APPEARANCE

NECESSARY

IN LIFE.

LORD Chesterfield particularly advises cleanliness, not only as necessary to health, but the success of our fortunes in life, but with so slothful a complaint as any disease that has the least analogy to the Scrophula, indolence will naturally prevent either of the sexes from profiting by this excellent observation.

ERUP-

ERUPTIONS IN THE FACE.

The inconsistent doctrine of those who recommend external applications, for internal complaints is obviated in the following simple question; will the fire which adheres to the inside of a kettle, or boiler, be removed by washing the outside? The same comparison may be made respecting the human frame. Can an internal complaint, be removed by an external application? These questions are left to be answered by every reader, which will shew the ridiculousness of inculcating this doctrine while the infallibility of

Dr. Brodum's Botanical Syrup,

is evinced in the extraordinary cures that daily appear in the papers; particularly in cases of the above nature; Dr. Brodum, as a regular Physician, has been known many years, and not as a
 Nostrum

Nostrum Vender. His motive for publishing this advertisement, is to secure the health of the public from the danger that attends external application, which, to his knowledge, has proved fatal to many who have placed in it an improper confidence.

SOCIAL HAPPINESS.

Marriage should be the foundation of Social Happiness, which is often disturbed through the parties that form the union not taking those precautions which would secure them the enjoyment of that great domestic blessing. Thus would those who are afflicted with an internal or external scorbutic habit of body, by taking that admirable purifier of the blood,

Dr. Brodum's Botanical Syrup,

secure

secure the health of their future offspring, and thus instead of meriting the least reproach, have the satisfaction to deserve the highest encomium. Those to whom the health of their family are dear, will doubtless acknowledge the truth of this trite observation.

Be pleased to ask for Dr. Brodum's Botanical Syrup, because there are various sorts of Syrup, advertised in tin bottles, they go by the name of Vegetable Syrup, the Syrup, &c.

DIRECTIONS FOR TAKING THE NERVOUS CORDIAL.

Of this strengthening medicine, take two tea-spoonfuls four times a day, for six weeks, in half a glass of Port-wine, or cold water, sweetened, if you choose it; but if the disease be desperate, then
indeed,

indeed, it should be taken in a quarter of a pint of wild valerian tea, in the morning fasting, about eleven o'clock, at four in the afternoon, and an hour before you go to bed. If obstinate, add to every dose of the drops, in the same glass of Port-wine, water, &c. one table spoonful of HUXHAM'S TINCTURE of BARK, which may be had in pint or half-pint bottles, at any chemist's shop.

BILIOUS COMPLAINTS.

Should the patient be afflicted with this disorder, he must begin with two tea-spoonfuls the first week, four the second, and six the third: take every fortnight an emetic, and work it off with camomile tea.

DISEASES OF THE HEAD.

The medicine is to be taken as in nervous disorders.---In fits as directed.

DISEASES WHICH IN GENERAL ARE NATURAL TO WOMEN.

Such ladies whose ages are young, and bordering on the state of womanhood, must take of the medicine three tea-spoonfuls twice a day, in a glass of Portwine, and bathe the legs in warm water every night, for three weeks---a handful of salt to be put into the water, and to mix half an ounce of rhubarb, with half an ounce of prepared steel, then divide the same into twelve powders, and take one every third night.

VOL. II. K To

**TO SUCH LADIES AS ARE IN THE DE-
CLINE OF NATURE.**

To take of the above medicine three tea-spoonfuls, three times a day, in a glass of Madeira wine; and to take half an ounce of tincture of rhubarb, half an ounce of tincture of fenna, half an ounce of stomach tincture, and half an ounce of syrup of buckthorn, mixed together, one-half to be taken once a month, as phyfic.

**TO THOSE WHO LABOUR UNDER A
CONSUMPTION AND ASTHMA.**

To take two tea-spoonfuls of the medicine, three times a day, in white wine, to boil six onions in a pint of vinegar, to sweeten it with honey, and to take one table spoonful every three hours.

DROPSY,

DROPSY, PALSY, AND RHEUMATIC.

To take four tea-spoonfuls twice a day, in a glass of Port wine, and dissolve one ounce of camphor in a cup of sweet oil, to bathe the parts affected.

**SERIOUS EXHORTATION, TO THOSE
WHO HAVE BEEN ADDICTED TO A
CERTAIN PRACTICE COMMON TO
EITHER SEX, WHICH OFTEN IS THE
OCCASION OF MANY DREADFUL
DISORDERS.**

The above medicine is particularly recommended, which strengthens the weakened parts---to take three tea-spoonfuls every three hours, and to make a decoction of four ounces of bark, two ounces of comfrey-root, boil

it in a quart of red wine, and reduce it to a pint; to take two table spoonfuls with three tea spoonfuls of the Nervous Cordial, every three hours.

REGIMEN.

Avoid salted and dried meats, pork, geese, fish, cheese, much butter, rich sauces, acids, Indian tea, coffee, cyder, raw fruit, and all flatulent vegetables; you may eat at meals horse-raddish, mustard, celery, asparagus, water cresses, and all the warmer fallads; roasted meats and poultry are preferable to boiled, as they afford more nutrition in quantity; all fried and broiled meats should be avoided, as they turn rancid on the stomach: breakfast on cocoa, rosemary tea, or get some genfeng and cut it up, and make three drachms into a pint of tea. Eat light suppers of easy digestion, sago, panado,

panada, water gruel, with a glass of wine and nutmeg, new laid eggs poached, oysters, roasted apples, or something else not oppressive, nor reluctant to digestion. Avoid an indolent sedentary life, and use exercise freely and change of air, adopting some kind of labour, not too fatiguing.

As it is necessary the body should be kept moderately open, it may be effected by taking thirty grains of rhubarb, or drinking senna tea occasionally.

The gensefeng can be had at any Drug-gist's Shop.

FEMALES may begin in the quantity of one table spoonful, morning and night, and gradually increasing to three each time.

**DIRECTIONS FOR TAKING THIS SYRUP
IN SCROPHULA, SCURVY, SCORBUTIC
ERUPTIONS, AND IN ALL MORBID
AFFECTIIONS OF THE HUMAN BODY.**

MALES should begin this Syrup in the quantity of two table spoonfuls, one hour after breakfast, and the same quantity at night, going to rest; gradually increasing the dose to four table spoonfuls each time.

FEMALES may begin in the quantity of one table spoonful, morning and night, and gradually increasing to three each time.

CHILDREN, from two to five years old, may begin in the quantity of three tea-spoonfuls, night and morning, gradually increasing the dose to six each time. Children from six to twelve years old, may begin in the quantity of four tea-spoonfuls, night and morning, gradually increasing the dose to eight each time.

YOUTH of either sex, from thirteen years and upwards, may begin in the quantity of one table spoonful, gradually increasing the dose to three each time. The medicine is always to be taken in some light simple vehicle, as tea of any kind, milk and water, or such like. No particular regimen is necessary, but temperance in all things will be found most conducive to convalescence.

For cancers, evils, or sores, take an ounce of white lead, and an ounce of olive oil; simmer it into a salve, and apply it to the part affected--every morning a plaster; washing the wound with a little water gruel.

To those ladies and gentlemen bordering on the state of matrimony, the doctor would particularly recommend the Botanical Syrup, (prior to their appearance before the Altar of Hymen) who are in the smallest degree apprehensive of the system not being entirely sound, or subject to relaxations of the solids.

Persons who do not know the cause from whence their complaints originate, the doctor, to relieve anxiety, informs those

those who wish to receive benefit without a conference, that on their sending a guinea, and describing the particulars of their case, they may derive equally the same benefit; his scientific knowledge of various disorders, by means of urine, having established his fame. Those not wishing to receive medicines of his agents, may receive them from his house in London, by addressing a line, postpaid,

Any lady or gentleman who is exceedingly ill, had better make a personal application to Dr. Brodum, that he may have it in his power to give prescriptions, or other advice, if it should be found necessary, that their disorder may be removed with all convenient speed; or any lady or gentleman whose case will not permit them to quit their own houses, may be waited upon with the greatest attention, by the Doctor, at 5 guineas per week.

Per-

Persons who apply for these medicines, will please to take notice, that it will be in vain to expect any relief from this remedy without punctuality; for taking a bottle or two properly, then leaving off for some days and beginning again, will be of no kind of service. It must be taken regular; and in some cases it hath required the quantity necessary for a perfect cure to be taken before the patient has perceived that he hath obtained any relief; therefore, persons in the country, who wish to go through a regular course of it, should take care to have a proper supply of Dr. Brodum's Restorative Nervous Cordial.

Any gentleman or lady who may have any internal or external complaint, that may require the particular and constant attendance of the doctor, may be accommodated with elegant apartments, fit for the reception of any gentleman or lady in the kingdom, with proper at-

or

tendance, and the use of a carriage, if (required) on terms that will meet with approbation.

It will be necessary the doctor should see such patients as are afflicted with deafness or loss of sight; or send their cases by letters or parcel, to the doctor, (post or carriage paid) with his usual fees.

Personal consultations at the doctor's house, every Monday, Tuesday, and Wednesday.

The Botanical Syrup and Restorative Nervous Cordial to be had at the Doctor's House, No. 9, Albion-street, in bottles at 11. 2s. 11s. 6d. and 5s. 5d. (duty included) at Hurlstone's, near the Herald Office, Catherine-street, Strand; at Williams's, Perfumer to his Majesty,

No.

No. 41, Pall-mall; F. and E. New-
 berry's, corner of St. Paul's (Church-
 yard; Mr. Tutt's, and Mr. Bolton,
 Royal Exchange; Bourgeois and Co.
 No. 32, Hay-market; Blake, Maid-
 stone; Bristow, Canterbury; Baxter,
 Perfumer, Edinburgh; Baker, South-
 ampton; Brown, Tolfey, Bristol; Bur-
 kitt, Sudbury; (Blakeney, Windsor);
 Binns, Leeds; Bacon, Norwich; Crut-
 wel, Bath; Crutwell, Sherborn; Col-
 lins, Salisbury; Clachar, Printer, Chelms-
 ford; Chalmers and Co. Aberdeen, Cox,
 Hair-dresser, Tunbridge; Coveney, Fe-
 versham; Donaldson, Portsmouth;
 Dicey, Northampton; Downes, Yar-
 mouth; Ethrington, Rochester; True-
 man, Exeter; Telfeyman, York;
 Walker, Hereford; Woodward, Drug-
 gift, Southampton; Mrs. Worley, Bos-
 ton; Wood, Shrewsbury; Lynch, Drug-
 gift, Market-street, Manchester; Binnis,
 Halifax; Fletcher, Chester; Walker,
 Hereford; Mrs. Sanderson, Doncaster;
 Bil-

Billings, Liverpool; Wheeler, Manchester; Pytt, Gloucester; Mifs Place, Thirsk; Phillips, Leicester; Payne, Saffron Walden; Quarnborough, Grant-ham; Mrs. Silver, Chemist, Margate; Swinney, Birmingham; Smart, Reading; and Symond, Canterbury.

And to be had of all the bookfellers and printers in the principal market towns of the three kingdoms.

As a further proof of the great demand for these medicines, Messrs. Goldthwaite and Baldwin are appointed wholesale venders in Philadelphia, in America.

The bottles at 1l. 2s. contain five of 5s. 5d.

ADVICE

ADVICE TO BATHERS AT BATH HOT
WELLS, SEA BATHERS, &c. &c.

DR. Brodum begs leave to recom-
mend the BOTANICAL SYRUP
(the virtues of which are acknowledged
by persons of the first fashion and dis-
tinction) to bathers immediately after
quitting the Bath, and one hour before,
and in particular to those who are sub-
ject to eruptions arising from vitiated
humours, scurvy, &c. the quantity ta-
ken each time, two table spoonfuls.

To nervous and debilitated constitu-
tions in general, owing to an irregular
course of life—as hard drinking, exces-
sive grief, and those debilities brought
on by not knowing the dangerous ten-
dency of a certain habit contracted at
an early age, the doctor recommends the

NER-

NERVOUS CORDIAL, two tea-spoonfuls of which to be taken an hour before bathing, and one after. Ten minutes walk after is necessary.

The **NERVOUS CORDIAL** has been particularly efficacious in America, where several thousand persons have been saved during the late alarming prevalence of the yellow fever.—The doctor particularly recommends the above medicine to persons going out to the East or West Indies, where the change of air and climate, require the aid of medicine, to prevent the dangerous consequence which must result in various constitutions,

The five-guinea bottles, which contain equal to six guinea bottles, are only to be had at the doctor's house.

A number of cures performed at Margate, Southampton, Bath, Bristol, Harrowgate,

rowgate, &c. &c. and Dover, in the course of the last season, on several ladies and gentlemen, who, from their elevated situation in life, will not permit their names being published.

The Doctor begs leave to testify his thanks for the multiplicity of cures he has received, and to prevent any erroneous idea being formed of his wish to publish such statements as are not consistent with the situation of the parties, to obviate every unpleasant idea, persons addressing, may only place their initials, and an answer will be returned. A. B.---To be left at No. Street or Town where they reside. The afflicted may rest assured, that they will receive proper advice, with every thing necessary to restore them to their former health and vigour.

FINIS.